BiGFiTNESS.com
Think Fitness ! - Think Big Fitness !

1-888-383-2008
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Exercise Equipment Superstore

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Home Gyms

Starting at **$399.99**

Smith Machines

Starting at **$349.99**

Weight Benches

Starting at **$228.99**

Treadmills

Starting at **$998.00**

Ellipticals

Starting at **$958.99**

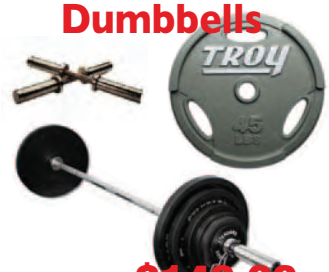
Steppers

Starting at **$1295**

HR Watches

Starting at **$57.99**

Weights, Bars & Dumbbells



Sets from **$149.99**

Weight Machines

Starting at **$228.99**

Rowers

Starting at **$188.99**

BOWFLEX.
Nautilus
BodyCraft
POWERTEC
TRIMLINE
PRECOR USA move beyond
StairMaster
TreadClimber®

- 31 Day Money Back Guarantee
- Instant No Money Down Financing
- Free Workout Logs
- Free Online Training
- Visit our stores In Pawtucket and Seekonk

Call to order 888-383-2008

All prices subject to change. Not responsible for misprints.

Catalog code HC0806

Roman Chair

Thick, double-stitched DuraFirm pads and over-sized 8" foam rollers provide comfort and support.

RCH-322

$299.99

Rotary Ab/Back

The NautilusRotary Ab/Back Machine will help you slim down your torso and increase your abdominal and back muscles.

NT1120

$439.95

Back & Arm Machine

Space efficient, fully adjustable, rugged, lifetime warranty. The unique design combines the features of a lat machine with an arm curl machine.

F620

$399.99

Inversion Table - Inversion Therapy

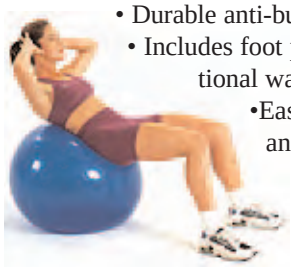
Benefits include: reduced back pain, improved circulation, fights compression fatigue, increases flexibility.

F5-1001

$339.99

Resist-a-Ball

- Perfect for yoga and fitness classes.
- Helps increase flexibility.
- Strengthens & tones muscles.
- Soft rubber supports and cushions your body.
- Durable anti-burst construction.
- Includes foot pump & instructional wall chart.
- Easy to maintain and clean.



Starting at only $29.95

Chin Dip Leg Raise

The multi gripping access of the chin-up section is great for training the back and biceps, while the dipping and push-up station will work the chest, deltoids and triceps

P-COV $328.99

Corner Chin Dip Leg Raise

- Space-saving corner design.
- Oversized counter balanced frame to accomodate users of all sizes.
- Reinforced pull-up bar with foam grips for comfort.

FMG-3006C . . $199.99

Inversion Therapy - Inversion System

- Double-bar system makes mounting and dismounting easy
- Quick-disconnect locking brackets
- Secures the Rack to the doorframe, but allows easy removal

High quality finish

- Door-savers - Protects the doorframe from damage while in-use

- Foam hand grips for a comfortable and secure grip

Valued-added materials

- System includes Instructional Video and 90-page book Better Back, Better Body

E1-1056 ...$159.99

The Big Ab Crunch

Big Ab Crunch features weight sleeves for standard and Olympic plates, fully bushed leverage arms, 200lb load capacity, foam handles, back pad for extra support, and a fully adjustable seat.

ACM-190 . . . . . $259.98

Powerline Ab Board

A flatter stomach and a slimmer waistline will be yours as you crunch your way into shape in just a few minutes a day. Thick, comfortable foam rollers keep you locked into position with the 22" long back pad.

PAB139W $118.98

Gut Blaster Ab Slings

Proven to help your back and build a chiseled set of abs.

$86.95

Ab/Back Extension Combo

- Fully adjustable back and leg supports to accommodate users of all sizes.
- Thick, durable pads and rollers for comfort.

BAM-160

$219.99

Sit Up Bar

Attaches to any door and is adjustable to user's dimensions.

108

$21.98

Shipping Included

Butt Blaster 4500 Leverage

Just what you need to achieve perfect glutes and we have it ready to ship to you immediately. This glute machine is comfortable and easy to use. The hand grips protect your hands and are ergonomically designed to fit your hands. In addition to the standard weighting of the rotating arm you can also add free weights to intensify your workout. This is just what you need to get back into your favorite pair of blue jeans, that new bikini, or to lose those last few post-pregnancy pounds.

EGM-4500 **$379.95**

Butt N Thigh Shaper

This machine can perform more than 20 different exercises including butt kicks, inner and outer thigh sweeps, crunches, upright rows, etc. Thirty position heavy cam produces unlimited positions. Heavily padded for comfort. Free-weight produces more intense workouts. Plate rack for easy storage.

BTS-164
$249.99

Leg Extension/Leg Curl

The extension trains the entire thigh while the leg curl works the hamstrings and buttocks. Adjustable seat and back pad fit all size users for both exercises.

L-LEC
$348.99

Rotary Leg Ext/Leg Curl

The Nautilus® Leg Extension / Leg Curl's rotary cam design allows club-quality, biomechanically correct exercises.

NT1220
$348.99

Seated Calf Raise

The Nautilus Seated Calf Raise is biomechanically designed for functionality, the Seated Calf Raise will give you the calf muscles you are looking for.

NT1240
$339.95

Leverage Squat/Calf

The Leverage Squat machine duplicates the precise pattern of the squat but utilizes a lever arm rather than the bar. You benefit from the feel and natural resistance of a barbell but the control and safety of a machine.

L-SQ
$445.98

Leg Press/Hack Squat

Quad track roller system operates smoothly and distributes weight evenly. Both back pads utilize a quick flip-and-lock mechanism. Extra heavy gauge Diamond Plate foot platforms for both Leg Press and Hack Squat positions.

GLPH1100
1399.99

Vertical Leg Press

The Powerline Vertical Leg Press provides an impressive platform for obtaining huge muscle gains through isolated lower body workouts. The unique vertical design reinforces support for your back and hips, also minimizes space used to perform the exercises.

PVLP156W
$309.99

Leg Press / Hack Squat

The Nautilus Hack Squat/Leg Press is a premium quality strength system, ideal for heavy leg press and hack squat workouts. Oversized foot plate provides correct positioning. Quickly adjusts from leg press to hack squat positions.

NT1230
1549.95

Angled Leg Press

The Angled Leg Press was designed to offer the user a space saving professional leg press without costing a fortune. It incorporates a 7° design to ease the strain on the back and joints.

ALP-150
$475.98

Powertec Leverage Home Gym

The complete leverage home gym. This three station system provides dozens of the best free weight exercises to build the entire body in leverage form.

Weight Load Capacities:

- Press arm: 1000 lbs
- Squat lever: 1000 lbs
- Lat pull: 600 lbs
- Leg lift: 250 lbs
- Arm curl/seated row: 250 lbs
- Ab crunch: 200 lbs

WB-MS

$1,298.00

Bowflex Xtreme 2 Home Gym

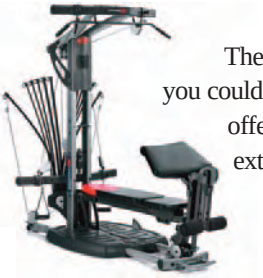
We took the Xtreme and improved it. The Lat Tower adjusts to two positions, plus the longer squat frame gives you 4 adjustable positions. These features let you perform over 75 exercises. 7-year warranty. 210 pounds of Power Rod® Resistance standard - upgradeable up to 310 or 410 pounds! Lat tower featuring 2 adjustable positions with angled lat bar - build back and shoulder muscles quickly with this integrated tower 4 position adjustable lower pulleys with longer squat station - use this station to do squats and build your glutes, hamstrings and quads. Includes leg extension attachment

BFXTREME2

$1,499.00

Shipping Included
shop online
BiGFiTNESS.com

Bowflex Ultimate 2

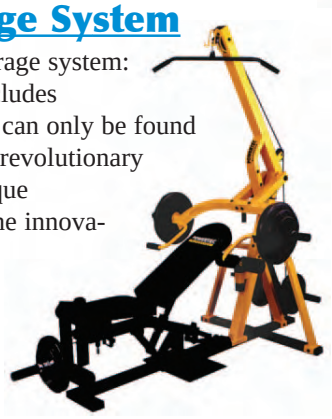


The total-body solution that delivers everything you could possibly imagine for great fitness results. It offers 95 exercises and includes a lat tower, leg extension/leg curl station, preacher curl attachment, integrated squat station and more.

BFULTIMATE2 **$2,399.00**

Home Gym Leverage System

The Powertec Home Gym Leverage system: part of the Workbench series includes numerous patented features that can only be found on these units. Features like the revolutionary Bench Linkage System, the unique Bench/Rack quick release and the innovative Curl Machine Accessory.



WB-LS

$848.00

Precor S3.25 Home Gym

A dedicated lower body station and the Freedom Chest/Fly Press make the Precor S3.25 our most complete single stack, multi-exercise strength system for home use. Utilizing "ratchet and lock" mechanisms for seat and pad positions.

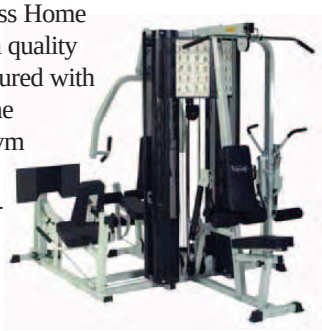
PRECORS3_25

$3,499.00

Sold in MA and RI only.

Family Xpress Training System

Offering you the ability to workout simultaneously with an exercise partner, the Bodycraft Family XPress Home Gym creates a smooth workout in a quality dual weight stack design. Manufactured with a commercial grade construction, the Bodycraft Family XPress Home Gym is a complete Home Gym with an option to add supplementary attachments to the fourth side.



BCFX

$2,699.00

K2 Strength Training Home Gym

The K2 comes standard with two - 200 lb weight stacks, shrouds and mounted exercise charts. One weight stack is for the Dumbbell Station with adjustable cable arms, lat pull and leg extension/curl. The other weight stack is for the Flat/Incline/Decline Barbell/Squat station.

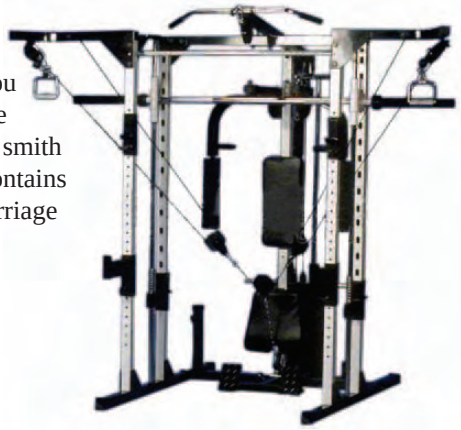
BCK2

$2,299.00

Shipping Included

Smith Press Caribou III Multi Gym

Yukon's new Caribou III gym combines the best features of the Kodiak gym with a premium smith machine. The new Caribou III is one of the safest self-spotting home gyms on the market. The gym enables you to experience the feel of free weights with the safety of a smith machine. The Caribou III contains the most advanced smith carriage available today.



CPR143-COMP

$1,399.99

Band Flex Home Gym

Compare to The Bowflex®. The Stamina® Band Flex gym is designed to offer a full body workout in a compact design. The bungee cords provide adequate and safe resistance for a variety of exercises. It includes an adjustable bench, a lat tower and a leg curl/extension unit.

LT-2000

$399.99

Precor S3.45 Home Gym

Multi-purpose pulling station Perform lat pull-downs, seated rows, bicep curls and back extensions all at one station without changing handles. Decline, incline, standard and shoulder-press exercises using easy-to-adjust handle bar and seat positions. Optional heavier weight stack 258-pound weight stacks allow users of all fitness levels to enjoy the same results.

PRECORS3_45

$5,599.00 Sold in MA and RI

XPress Strength Training System

Xpress Shape your body, get strong, lose weight, even improve your golf swing with the XPress Strength Training System. Dramatic results in only 30 minutes per day! Exercise Stations and Features: Bench Press Station, Cable Station, Ab Crunch Station, Low Pulley Station, High Pulley Station, Leg Extension and Curl Station.

XPRESS **$1,799.00**

Leg Press Attachment **$500**

Galena Training System

If you're looking for a compact, full-featured home gym that will hold up to tough workouts, then the Galena Gym System should be your first choice. Features include a chest press, innovative dual-function pec dec, leg curl, leg extension, lat pull, low pulley station, abdominal crunch and seated row station to work every muscle group.

GALENA $1,299.00

Leg Press Attachment **$500**

Free Shipping

Precor S3.21 Home Gym

Get results fast with the S3.21, designed to support good form and a full range of motion with over 30 different types of exercises - two key elements in reaching your strength-training goals. Add on the multi-purpose bar and other accessories to perform squats, calf raises, tricep presses, abdominal crunches and other exercises. The S3.21 has more than 30 different types of exercises in all.

PRECOR_S321 **$2,698.00**

Sold in MA and RI only.

Economy Home Gym

The new Economy Home Gym incorporates all the best features of a health club gym into one complete, convenient, space-saving system. This innovative new machine allows the user to perform an entire body workout.

CGS-147

$499.99

L7 Home Cardio

The The Cardio Trainer offers a two color, liquid crystal motivational display. Features include built-in programs, user programs, numeric keypad, and wireless interactive heart-rate control.

L7HCT **$3,694.95**

L7 Home Executive

Offers a computer-animated video display with state-of-the-art color graphics. Features include built-in programs, user programs, numeric keypad, and wireless interactive heart rate control.

L7HET **$4,394.95**

L7 Home ProSports

The Pro Sports Trainer offers built-in programs and user programs. A unique program progress indicator guides users through their workout.

L7HCT **$3,694.95**

Sold in MA & RI only

Bowflex Treadclimber TC5300

The Bowflex Treadclimber TC5300 represents the ultimate in Bowflex® technology for fast and easy weight loss. Fully integrated electronics, including a wireless heart rate monitor, enable you to monitor every vital aspect of your workout - and achieve maximum results. For calorie-burning effectiveness, no other piece of exercise equipment comes close to the TC5300. Reduce your exercise time with a super-efficient, low-impact workout. Integrated Wireless Heart Rate Monitor provides wireless feedback to help you stay within your optimal fat-burning zone - a TC5300 exclusive. 12 intensity settings make it easy to tailor your workout specifically to your fitness and comfort level - from beginner to elite athlete. Speed adjusts from 0.7 to 4.0 mph - from a casual stroll up to power-walking.

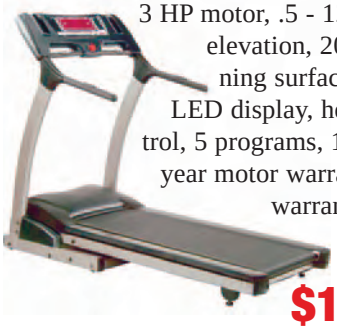
BFTC-5300 **$3,599.00**

Spirit Z8 Treadmill

.5-10 MPH, 1.5 HP motor, 11% grade elevation, 1" deck, LCD display, 5 programs, 18" x 50" running surface, 2.5" rollers, 2-ply belt, 10 speeds, 30 year motor warranty, lifetime warranty on frame.

Z8 **$998.99**

Spirit Z9 Treadmill



3 HP motor, .5 - 12 MPH, 15% elevation, 20" x 50" running surface, 2-ply belt, LED display, heart rate control, 5 programs, 10 speeds, 30 year motor warranty, lifetime warranty on frame.

Z9

$1299.00

Spirit Z100 Treadmill

3 HP motor, .5 - 10 MPH, 15% elevation, 20" x 55" running surface, 2-ply belt, LED display, heart rate control, 6 programs, 12 speeds, 30 year motor warranty, lifetime warranty on frame.

Z100

$1699.99

Spirit Z300 Treadmill

3 HP motor, .1 - 12 MPH, 15% elevation, 20" x 55" running surface, 2-ply belt, LED display, heart rate control, 6 programs, 12 speeds, console mounted speakers and cooling fans.

Z300

$1995.99

Spirit Z500 Treadmill

3 HP motor, .1 - 12 MPH, 15% elevation, 20" x 58" running surface, 2-ply belt, LED display, heart rate control, 6 programs, 12 speeds, 2.75" rollers, console mounted speakers and cooling fans.

Z500

$2295.99

Trimline t305 Folding Treadmill

Trimline's space-saving fold-ups feature soft-drop hydraulics that lower the unit slowly and smoothly. In the folded position these models utilize only 1/3 the floor space of their stationary counterparts. Carefully tilt and push the unit on its wheels for transport to a nearby storage area.

TRIM305 **$1,148.00**

Trimline t315 Treadmill

2.0 HP continuous duty drive motor, 2-ply running belt, Softrak II Deck System allows for maximum impact absorption where the foot lands, softdrop deck lowering technology, 6 preset and 2 custom programs, grip heart rate

TRIM315 **$1,248.00**

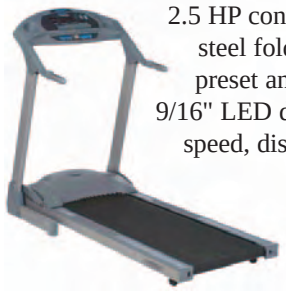
Shipping Included On All Orders!

Trimline t325 Treadmill

2.5 HP continuous duty drive motor, 2.5" welded steel folding frame, Softrak II Deck System, 6 preset and 2 custom programs, Grip heart rate, 9/16" LED display provides easy viewing of time, speed, distance, incline, calories, and heart rate.

TRIM325 **$1,448.00**

Trimline t335HRC Folding Treadmill



2.5 HP continuous duty drive motor, 2.5" welded steel folding frame, Softrak II Deck System, 5 preset and 3 custom programs, Grip heart rate, 9/16" LED display provides easy viewing of time, speed, distance, incline, calories, and heart rate, 11 MPH and 12% elevation.

TRIM335HR **$1,698.00**

Trimline t340 Treadmill

2.0 HP continuous duty drive motor, 3.0" welded steel frame, Softrak II Deck System, 6 preset and 2 custom programs, Grip heart rate, 9/16" LED display provides easy viewing of time, speed, distance, incline, calories, and heart rate, 10 MPH, 12% elevation.

TRIM340 **$1,698.00**

Trimline t350 HRC Treadmill

2.5 HP continuous duty drive motor, 2-ply running belt, Softrak II Deck System allows for maximum impact absorption where the foot lands, 3" welded steel frame, 5 preset and 3 custom programs, grip heart rate, 11MPH, 12% elevation.

TRIM350HR **$1,898.00**

TRIMLINE

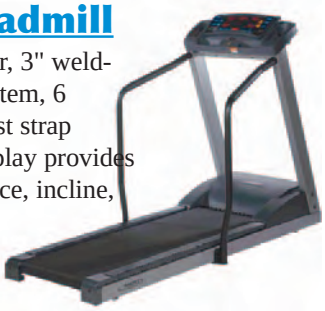
Trimline t355 HRC Folding Treadmill

2.5 HP continuous duty drive motor, 3" welded steel folding frame, 2.5" balanced machined rollers, softdrop deck lowering technology, 5 preset and 3 custom programs, heart rate chest strap included, 11 MPH, 12% elevation, grip heart rate.

TRIM355HR **$2,198.00**

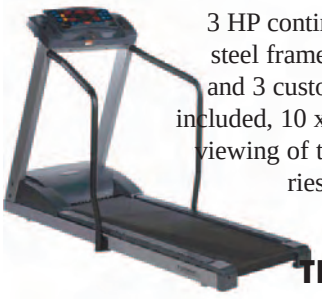
Trimline t360 Treadmill

2.7 HP continuous duty drive motor, 3" welded steel frame, Softrak II Deck System, 6 preset and 2 custom programs, chest strap heart rate included, 9/16" LED display provides easy viewing of time, speed, distance, incline, calories, and heart rate.



TRIM360 **$2,398.00**

Trimline t370 HRC Treadmill



3 HP continuous duty drive motor, 3" welded steel frame, Softrak II Deck System, 7 preset and 3 custom programs, heart rate chest strap included, 10 x 21" 3 color display provides easy viewing of time, speed, distance, incline, calories, and heart rate, 11 MPH and 12% elevation.

TRIM370HR **$2,698.00**

t380 Light Commercial Treadmill

3" welded steel frame, 3.0 HP continuous duty motor, SuperSoft deck cushioning with eight variable durometer elastomer cushions provides optimal shock absorption, 7 preset, 3 custom, 2 heart rate programs with fitness test, heart rate hand grip and chest strap are included.

TRIMLINE

TRIM380LC

$2,998.00

Landice L7 LTD Treadmill

3 HP continuous duty motor, 22" x 63" four-ply treadbelt, 3.5" diameter/22-pound steel rollers, 500-pound user weight capacity, reading/accessory Rack, 5 year commercial use warranty.

Pro Sports Trainer Panel **$3,194.99**

Cardio Trainer Panel **$3499.99**

Executive Trainer Panel **$3995.99**

Landice L7 Club

3.0 HP motor, 2.5" roller, heavy gauge aluminum frame, 0.4 - 12 MPH, 0 - 15% grade, color display, VFX shock absorption.

Pro Sports Trainer **$3,395**

Cardio Trainer **$3,995**

Executive Trainer **$4,795**

Landice L8 Home

3.5" diamter 22 lb. steel roller, 22 x 63 4-ply tread, 0.5 - 12 MPH, 0 - 15% grade, color display, reading/accessory rack.

Pro Sports Trainer **$3,995**

Cardio Trainer **$4,695**

Executive Trainer **$5,495**

Landice L8 LTD

3.0 HP motor, 3.5" 22 lb. steel rollers, 22 x 63 4-ply tread, reading/accessory rack.

Pro Sports Trainer **$4,194**

Cardio Trainer **$4,494**

Executive Trainer **$5,194**

Landice L9 Club

3.0 HP motor, 3.5" 22 lb. steel rollers, rust-free aluminum frame, 0.5 - 12 MPH, VFX shock absorption system, reading/accessory rack.

Pro Sports Trainer **$4,545**

Cardio Trainer **$5,045**

Executive Trainer **$5,645**

Noramco SuperTread Classic Club

Patented Zero Load Motor with "Off Set" counter balanced pull. No overhang load problems from side load flywheel. Patented Six Point Elevation System totaling 1450 Lbs of thrust, more stable, more durable and maintenance free.

ST4600C **$4,295.00**

SuperTread Classic Club w/ HR

12 MPH, 15% grade elevation, 4.0 HP motor, hand grip pulse rate monitor, 18" handles, 2.5" belt rollers, 2 stage shock absorption system, reversible deck.

ST4600CC **$5,274.00**

SuperTread Classic Club Programmable w/ HR

12 MPH, 15% grade elevation, 4.0 HP motor, hand grip pulse rate monitor, 18" handles, 2.5" belt rollers, 2 stage shock absorption system, reversible deck, hill and custom programs.

ST4600PRC **$5,485.00**

SuperTread Classic Club Programmable w HR Control

12 MPH, 15% grade elevation, 4.0 HP motor, hand grip pulse rate monitor, 18" handles, 2.5" belt rollers, 2 stage shock absorption system, reversible deck, hill and custom programs, heart rate training programs.

ST4600HRT **$5,594.00**

MultiSports ENC-200

Constructed of a heavy duty steel frame, it features a 42 lb. fixed flywheel and a heat treated axle. Both the seat and handlebar are fully adjustable, self-leveling pedals with toe straps, adjustable resistance, and an emergency brake.

ENC-200 **$599.99**

MultiSports ENC-420

Precision Balanced, Smooth Action 45 lb Solid Steel Fixed Flywheel, Heavy Duty Heat-treated Hardened Cro-Moly Front Axle, Ultra Smooth Poly V Belt Drive, Heavy Gauge Steel Frame, Adjustable Seat & 5 Point Handlebar, Emergency Braking Lever.

ENC-420LY **$749.99**

MultiSports ENC-500

The MultiSports ENC-500B Spin Bike is a commercial high performance spinner. It boasts a 50 lb Precision Balanced Flywheel, Five Star Crank and Heavy Duty Heat Sealed Cartridge Bottom Bracket Axle and many more Premium Features. Weight capacity at 143 lbs.

ENC-500B **$899.99**

MultiSports ENC-360S

Precision Balanced, Smooth Action 45 lb Solid Steel Fixed Flywheel, Heavy Duty Heat-treated Hardened Cro-Moly Front Axle, Ultra Smooth Poly V Belt Drive, Heavy Gauge Steel Frame, Adjustable Seat & 5 Point Handlebar, Emergency Braking Lever.

ENC-360C **$699.99**

Star Trac Johnny G Spinner Pro Bike

The Pro is a serious and easy-to-maintain bike designed with all the ergonomic features and capabilities of a real road bike. Flywheel Design simulates the movements and feel of real cycling and minimizes the stress on your knees.

STJG **$699.00**

MultiSports ENC-550C

The MultiSports ENC-550C Chrome Spin Bike's performance is only surpassed by it's eye catching solid chrome finish! It boasts a solid steel 50 lb precision balanced flywheel, five star crank and cro-moly spindles are just a few of the features.

ENC-550C **$949.99**

MultiSports ENC-600

Heavy duty 2” x 4” steel frame, 66 lb. solid steel flywheel, belt driven mechanism. Seat and handlebar fully adjustable, self-leveling pedals with straps, adjustable resistance, an emergency brake, a heat-treated axle, and a wrinkle electro powder coating finish for scratch resistance.

ENC-600 **$1,099.99**

MultiSports ENC-650

The MultiSports ENC-650CLis a full commercial spin bike, 66 lb precision balanced flywheel and high quality components: Five Star Crank, Heavy Duty Heat Sealed Cartridge Bottom Bracket Axle and Cro-moly & SPD Style Cleat Design Pedals. Weight capacity at 162 lbs

ENC-650CL **$1,099.99**

MultiSports ENC-660CL

Heavy duty 2” x 4” steel frame, 66 lb. solid steel flywheel, belt driven mechanism. Seat and handlebar fully adjustable, self-leveling pedals with straps, adjustable resistance, an emergency brake, a heat-treated axle, and a wrinkle electro powder coating finish for scratch resistance.

ENC-660CL **$1,199.99**

Keiser Power Pacer

Safe, responsive thumb tentioner allows quick and easy adjustment without moving hands off the handlebars. Sturdy 2" x 2" steel frame. Adjustable handlebars. Fixed-gear, cast flywheel for smooth, natural resistance.

KSRSPIN **$699.00**

NB 3000 Upright

Designed for high-end home use, featuring the V-Force Plus self-generating electromagnetic resistance system. The V-Force Plus system is self-generating it requires no power cords or batteries. Advanced two-stage drive train designed for smooth quiet operation in any condition.

NB3000

$1,699.00

NB 2000 Upright

NB2000 series bike is an investment in quality, performance and style, and are great looking machines designed to stand up to the hardest use year after year. They are built with the Nautilus V-Force computer controlled magnetic resistance system with fewer moving parts than comparable systems, meaning longer life and near silent performance.

NB2000 **$1,149.00**

NB 1000 Upright

Whether you're looking for a weather-proof cycling alternative or a low-impact path to cardio fitness, a Nautilus® bike makes it easy to get on the road to fitness. The NB 1000 features the single-stage, manual-control V-Force™ magnetic resistance system and Poly-V drive belt.

NB1000 **$749.00**

Nautilus NR 3000 Recumbent

20 resistance levels, V-force plus resistance system, 2-stage drive train, heart rate monitoring, 11 workout programs, 24 x 16 LED display, adjustable seat, self-leveling pedals, self-generating electromagnetic resistance means no power cords or batteries, extra large cushioned seat, 30 year warranty on frame, 3 year warranty on parts and electronics.

NR3000 **$1,899.00**

Nautilus NR 2000

16 resistance levels, V-force plus resistance system, 2-stage drive train, heart rate monitoring, 10 workout programs, 16 x 16 LED display, adjustable seat, self-leveling pedals, self-generating electromagnetic resistance means no power cords or batteries, extra large cushioned seat.

NR2000

$1,299.00

Nautilus NR 1000

16 resistance levels, single-stage drive train, heart rate monitoring, battery operated LCD display, adjustable seat, self-leveling pedals, self-generating electromagnetic resistance means no power cords or batteries, extra large cushioned seat.

NR1000

$799.00

Stamina 15-7500 Bike

The Stamina 15-7500 Premium Recumbent Exercise Bike features magnetic resistance giving you a quiet and friction-free workout. Recumbent design and open frame structure make the bike easy to mount and suitable for all ages and abilities.

15-7500

$349.99

Stamina 4600 Recumbent

Sit back and get a low-impact workout on the 4600 Magnetic Resistance Recumbent Bike. Its design allows for easy mounting and dismounting, while putting you in a semi-reclined position. This position allows you to focus on the major muscles in your hips, thighs and buttocks more comfortably.

15-4600A

$229.99

Stamina Premium Magnetic Upright Bike

Offers a quiet, friction-free workout, adjustable seat and handlebars, traditional non-leverage position for exercising, calories burned, speed and time readout display, manual course, steel frame, sealed bearings.

15-7000 **$269.99**

Bike/Stepper Mat

Fits nicely under all bikes and steppers and will save wear and tear on your rugs and floors.

SM-BKV-002 **$39.99**

Schwinn 201 Recumbent

Computer controlled resistance, belt drive for quiet operation and smooth ride, comfortable adjustable seat, adjustable handlebars, grip heart rate monitor, 6 preset programs, self-leveling pedals, 10 year warranty on frame, 1 year warranty on parts.

SCHWINN201

$449.00

Schwinn Airdyne Comp

The Schwinn® Airdyne® Comp's resistance-based braking creates zero friction and considerably less maintenance than other, more complex systems. Sealed cartridge bearings provide a smooth ride, reliability and extra-long life.

AIRDYNE-EC

$948.99

Schwinn 103 Upright

Belt drive for quiet operation and smooth ride, comfortable adjustable seat, adjustable handlebars, grip heart rate monitor, 12 preset 4 heart rate control and 1 user defined programs, self-leveling pedals, 10 year warranty on frame, 1 year warranty on parts.

SCHWINN103

$449.00

Schwinn Airdyne

The Schwinn Airdyne® Exercise Bike is simply smart - wind resistance is exponential, so the harder you pedal, the higher the resistance becomes. This naturally provides the right workout for both a novice exerciser and an elite athlete.

AIRDYNE

$798.99

- 31 Day Money Back Guarantee
- Instant No Money Down Financing
- Free Workout Logs
- Free Online Training
- Visit our stores In Pawtucket and Seekonk

Call to order 866-347-9384

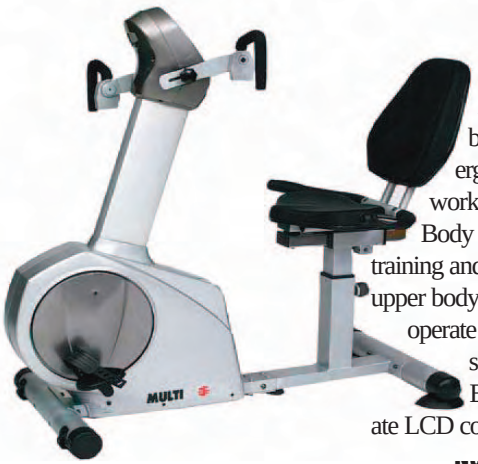
Stamina 4600 Recumbent

Sit back and get a low-impact workout on the 4600 Magnetic Resistance Recumbent Bike. Its design allows for easy mounting and dismounting, while putting you in a semi-reclined position. This position allows you to focus on the major muscles in your hips, thighs and buttocks more comfortably.

15-4600A

$229.99

Multisports Total Body Cycle - UBE/LBE



The ultimate in total body conditioning. The TBC 3600 combines a recumbent exercise bike with an upper body ergometer (UBE) and takes fat burning workouts to a new level. Multisports Total Body Cycle 3600 is ideal for rehab, strength training and cardiovascular conditioning. The upper body ergometer and recumbent bike can operate independent of each other or at the same time.

Equipped with an easy to read and operate LCD console that displays time, distance, speed, scan, calories and heart rate. 6 Preset Programs and 1 Manual program all with 8 levels of resistance. The fully adjustable TBC-3600 provides a comfortable oversized seat that adjusts horizontally and vertically and incorporates a step through design for easy entry. The micro-adjustable, biomechanical arms work out a variety of muscle groups with resistance on forward motion only.

DX900 **$599.00**

The Health Club Step

The Step® has a patented design for adjusting and stacking platforms.

CLUBSTEP **$119.99**

The Step 40"

Non-slip surface on platform, includes 53 min. All-Step Video.

1205 **$119.95**

The High Step

The Step aerobic activity involves low-impact, high-intensity exercise.

HIGHSTEP **$69.99**

InStride Mini Stepper

This mini-stepper is ideal for home, office or just about anywhere. Because it exercises and tones the largest muscles in the body (buttocks, hips and thighs), it is a great fat-burning workout. It's also a great cardiovascular exercise.

40-0045 **$114.99**

StairMaster® 4000PT

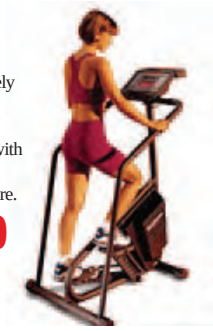
- Original style board.
- 4 bar linkage on pedal arms.
- 7 different workout programs - each with 20 levels of intensity, plus manual/self-pace, a fitness test, and quick start feature.

$1446.00
remanufactured

StairMaster® 4000PT

- Electronic braking mechanism precisely controls the pedal descent - from 26 to 174 steps a minute.
- 7 different workout programs - each with 20 levels of intensity, plus manual/self-pace, a fitness test, and quick start feature.

$1595.00
remanufactured



StairMaster® FreeClimber® 4200PT

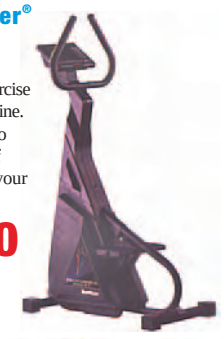
- Upright, rail-less design encourages improved exercise posture.
- Patented independent pedal geometry ensures safe, biomechanically correct movement.
- Compatible with Polar heart rate monitors.

$1595.00
remanufactured

StairMaster® FreeClimber® 4400PT

- Rail-less configuration improves exercise posture the best of any climbing machine.
- Speed control buttons allow you to increase or decrease the intensity of stepping action at any time during your workout.

$1820.00
remanufactured



StairMaster® FreeClimber® 4400CL

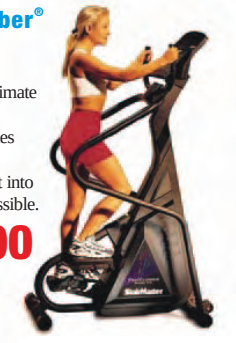
- Rail-less configuration improves exercise posture the best of any climbing machine.
- Speed control buttons allow you to increase or decrease the intensity of stepping action at any time during your workout.

$1820.00
remanufactured

StairMaster® FreeClimber® 4600PT

- "Hot Dog" soft pedals offer the ultimate in comfort and low impact.
- New easy-grip Upper-Body Handles provide maximum user comfort.
- Contact Heart Rate integrated right into the upper handles and is easily accessible.

$1995.00
remanufactured



StairMaster® FreeClimber® 4600CL

- The 4600CL is cordless.
- "Hot Dog" soft pedals offer the ultimate in comfort and low impact.
- New easy-grip Upper-Body Handles provide maximum user comfort.
- Ergonomical side handrails

$2095.00
remanufactured

StarTrac 4100 Stepper

- 4 Programs for 250 different workouts
- Screen monitors distance, time, step rate, heart rate and true caloric expenditure
- Polar® and Contact Heart Rate System
- Biomechanically Correct Stepping reduces back and lower joint strain.

$1295.00
remanufactured

Tectrix Climbmax 2

The Tectrix Climbmax 2 stair climber is the newer version of the the Tectrix 150 model. It comes with upgraded features that make it a smoother machine which gives you the same great work out as the 150. It has all the same functions as the 150 model including 9 built in programs plus a instant step on manual program. Its gives you a great work out, you will never stop sweating and can burn about 800 calories in 1 hour at a good pace.

One other good thing about all Tectrix steppers is that the position where you are stepping and the hand rails are far enough apart that you can't cheat and hold yourself up. These machines are sold on demand and take 3-4 weeks to recondition and ship.

$1295.00
remanufactured

Precor® EFX 544

The Precor EFX™544 is 3 years old and will be completely remanufactured. Remanufacturing of the machine includes: new rollers, new rails, new elevation brakes, new elevation guides and will also be cosmetically cleaned up.

Crosstraining Efficiency EFX™544 exercise involves a wide variety of muscles through extensive ranges of motion, in both forward and reverse directions. This enables exercisers to achieve overall lower-body muscle development.

$2495.00
remanufactured

Precor® EFX 546

• With 20 different settings (from 10-40°), it's easy for users to easily target different muscle groups with the quick tap of a key.
• 20 resistance settings make it easy for users to tailor the intensity of their workout; the advanced eddy current brake design ensures consistent resistance calibration between levels.
• Touch sensative console lets users adjust workout settings with the slightest touch because it incorporates soft touch control, numeric keypads, intuitive keystroke sequencing and multiple feedback options..

$3295.00
remanufactured

FREE SHIPPING INCLUDED WITH ALL ORDERS

Precor® EFX 546 w/HR

• Smart Rate is a color indicator which shows when the user's heart rate is above, below, or within the user's ideal weight loss or cardiovascular training zones. To activate the Smart Rate, the Precor heart rate chest strap must be used.
• Quick Start places the user in the manual course with the push of a single key.
• 8 Programmed Courses make full use of the unique CrossRamp options, helping members achieve specific conditioning goals. .

$3495.00
remanufactured

Precor® EFX 556

• The EFX556 console communicates the machine's effectiveness and range of capabilities as easily to your new members as to your EFX "veterans."
• Smart Touch Key Pad Technology adds ease to controlling and monitoring your workout by incorporating soft-touch technology, 10 numeric keys, intuitive keystroke sequencing, and multiple feedback options.

$3595.00
remanufactured

Precor® EFX 5.17i

• Designed for basic workouts at home, this affordable model allows the user to set the resistance and incline levels.
• CrossRamp technology,unique to Precor, provides ideal cross-training. The 14 different settings (12-25°)for users to target different muscle groups. Ideal for all age and fitness levels.
• Provides 20 magnetic, no-contact levels of resistance to tailor workouts with consistent resistance.
• Low Impact Minimizes joint deflection.

$2698.00
remanufactured

Precor® EFX 5.19

• Display - Easy-to-use membrane board with intuitive keystroke sequencing, multiple feedback options, large LEDs, and accompanying graphics allow users to easily monitor and alter their workout.
• Fixed Ramp at 20" to provide optimal gluteal and hamstring involvement versus a flat ellipse.
• Provides 20 magnetic, no-contact levels of resistance to tailor workouts with consistent resistance.
• Dual action provides both upper and lower-body workout.

$2698.00
remanufactured

Precor® EFX 5.21i

• This affordable model allows you to set the resistance and incline levels. Features include Precor's adjustable CrossRamp® and smooth, quiet operation. Six programs and 20 resistance levels provide greater training variety.
• Quiet Operation - Because it has no motor, you can easily watch TV or listen to music while exercising.
• Space-Efficient - Designed to take up minimal floor space while providing exceptional stability-even during vigorous workouts. Easy to move, it fits through most standard doorways.

$3698.00
remanufactured

Precor® EFX 5.23

• Designed for home use, this top-of-the-line model features Precor's adjustable CrossRamp®, 2 user IDs, and smooth, quiet operation.
• All Precor products are engineered to move the way you move. With over 250 patents, Precor is the industry leader in fitness equipment design and innovation.
• Workout variety - 14 programs and 20 resistance levels keep routines fresh, varied and challenging for faster results and sustained motivation. Regardless of your fitness level, you'll find a workout that's right for you.

$4298.00
remanufactured

Precor EFX 5.33

A top-of-the-line model designed for home use. Features include synchronized handlebars, 9 programs, 20 resistance levels, and 2 user IDs for personal data storage.

PRECOR5_33

$3,798.00

All Precor models aold in MA & RI only

LifeFitness®

Crosstainer 9500HR

Heart rate workouts through Lifepulse monitoring systems, push/pull arm movement is synchronized with lower-body striding, convenient accessory tray.

CT9500

$2295.95

LifeFitness® Elliptical

Crosstainer 9100

On-the-fly programming, auto start, self-powered (no external power source required), split-level console, 20 resistance levels, accessory tray, integrated reading rack.

CT9100RD

$2995.00

MultiSports Elliptix 4100

A sporty design and perfected finish. The 4100 is an affordable high performance elliptical crosstrainer with a high tech eddy current electromagnetic breaking system!

ECT-4100

$958.99

MultiSports Elliptix 4200

The MultiSports Elliptix 4200 gives outstanding performance and amazing features at a price you can afford! This fat burning elliptical crosstrainer is masked by the eye-catching and precision design.

ECT-4200

$968.99

MultiSports Elliptix 4300

The crosstrainer is exceptional in function, affordable and feature packed with Telemetric Target HR Control based on Age, LED Dot Matrix user Interface, 8 Programs!

ECT-4300

$1048.99

Nautilus NE 2000 Elliptical

All-direction resistance works every major muscle group. Provides the option of upper or lower body workout routines. Heavy commercial-grade steel frame provides maximum durability. High-inertia cast flywheel creates smooth and even pedal speed. V-Force resistance system provides a large range of resistance in a completely frictionless, maintenance-free design.

NE2000 **$2399.00**

Nautilus NE 3000 Elliptical

11 workout programs - Rolling Hills, Ride In The Park, Speed Intervals, Strength Intervals, Plateau, Pikes Peak, Custom (2), Heart Rate Control (2) and Fitness Test, Heart Rate Monitoring - Touch heart rate and telemetric chest strap heart rate transmitter standard, LED computer with an alpha numeric display panel and a 24 x 16 high definition dot-matrix program profile display.

NE3000 **$2699.00**

BodyCraft 2100 Elliptical

The BodyCraft 2100 elliptical features: the sturdiest construction in its class!Up to 300 Watts resistance – the highest in its class!300 pound user capacity!Eddy current electromagnetic resistance control for smooth action!Hand grip pulse included. Sports drink holder. Specially raised ribs on pedal for comfort and reduced fatigue. Adjustable level end caps to ensure level placement on the floor. Front end caps have wheels for portability. Adjustable stride length Adjustable pedal placement. .

BC-ECT2100

$999.00

BodyCraft 2500 Elliptical

The BodyCraft 2500resistance features the sturdiest construction in its class!Up to 400 Watts resistance – the highest in its class! 350 pound user capacity! Eddy current electromagnetic resistance control for smooth action! Hand grip pulse and Chest Strap included. Sports drink holder. Specially raised ribs on pedal for comfort and reduced fatigue. Adjustable level end caps to ensure level placement on the floor. Front end caps have wheels for portability. Adjustable stride length Adjustable pedal placement..

BC-ECT2500

$1299.00

FREE SHIPPING INCLUDED WITH ALL ORDERS

Schwinn 418 Elliptical

- Workout programs include: Rolling, Valley, Fat Burn, Ramp, Random, Plateau, Intervals, Mountain, 2 Heart-Rate, 1 Fitness Test, & Manual Mode.
- LCD display shows: Time, Speed, Distance, RPM, Resistance Level, Calories, Calories per hour, Load, Heart-Rate and Course Profile
- Quiet magnetic resistance Eddy Current Brake provides a smooth ride.
- Grip heart-rate monitoring

SCHWINN418

$1199.00

Scwinn 438 Elliptical

- 24 programs provide workout variety, 8 computer controlled resistance levels, 4 user settings allow all users to keep track of previous workout
- Console display: time, distance, calories burned, heart rate, speed resistance, load, calories per hour, course profile, RPM.
- Quiet magnetic ECB (Eddy Current Brake) resistance
- Telemetric and grip heart rate make monitoring your progress easy
- Backlit LCD with LED and scrollin alpha-numeric prompts

SCHWINN438

$1499.00

Shipping Included

WristWrap Bag Gloves

$39.99

Women's WristWrap Bag Gloves

$39.99

Black Lifting Hooks

$18.99

Jump Rope Speed Rope

$19.99

All Purpose Boxing Gloves

$39.80

40 Lb Heavy Bag Combo Set	$109.99
70 Lb Heavy Bag Combo Set	$134.99
100 Lb Heavy Bag Combo Set	$169.99

Hydrocore Heavy Bags

70 LB.	$149.99
120 LB.	$169.99

Body Opponent Bag

A great partner for sparring techniques or target training. BOB, Century's Body Opponent Bag, is a full-size lifelike mannequin. Two height adjustments, from 5'6" to 6' tall. Polyethylene base fills with sand or water and is rounded for easy roll relocation.

BOB **$329.99**

Classic Wavemaster Heavy Bag

Our best selling training bag!!! Striking surface is high impact foam with durable vinyl cover. Four height adjustments from 52 inches to 70 inches.

WAVEMASTER **$199.99**

Kids Backyard Soccer

Ages 4-12. Two Inflatable Soccer Goals with nylon net. 10" Inflatable Soccer Ball. Patch Kit. Ground stakes. Dimensions: 30" Tall, 63" Wide.

4002SS **$35.99**

Backyard Football Set

Fills with water for stability. EZ-Grip 9" soft football. Kicking Tee. Patch Kit. Dimensions: 60" Tall, 36" Wide.

4003FS

$26.99

XXL Wavemaster Heavy Bag

Century's ultimate bag with the largest kicking and punching surface area on the market. Stands 69 inches tall and a full 18 inches diameter. Striking surface is made of durable vinyl over high density foam. Large new bag provide an excellent target for both punching and kicking. Low profile base. Weight distribution of base provides stability and functionality. Extra large fill hole and cap allows you to easily fill base with sand or water. No tools required for assembly. Weighs approximately 270 pounds when filled.

XXLWAVE **$289.99**

Kid's Fun Mats

Heavy duty washable nylon cover. 1" foam padding for safe play indoors or out. Rolls up for convenient storage. Bean bags included. Perfect for sleepovers, camping, napping, playing and exercising. Dimensions: 2' x 4'

Starting from **$24.95**

Please visit BiGFiTNESS.com for more of our products.

Monster Ball

Super large inflatable ball. Patch kit included. Great for backyard fun or parties. Dimensions: 40" Diameter.

4013MB

$25.95

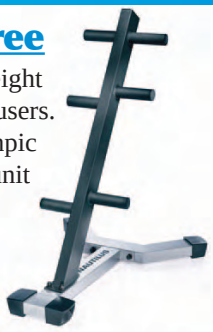
Nautilus Standard Weight Tree

Specifically designed to accept all sizes of standard and international plates. Weight pegs adjust for different plate designs. Unit Dimensions: 37" x 30" x 43". Unit Weight: 36 lbs. Warranty: 30 years Frame and Welds.

NT906 **$148.99**

Nautilus Standard Weight Tree

Space-saving and stable, the International Weight tree is specifically designed for weight plate users. Features Specifically designed to accept olympic weight plates. Wide base provides excellent unit stability Unit Dimensions: 37" x 30" x 43". Warranty: 30 years Frame and Welds.



NT908 **$148.99**

Standard Multi-Storage Rack

This multi rack provides easy access to standard style plates and bars. Works as a space saver in your gym. Holds our 100 lb standard set perfectly! Stores 1" standard weight plates on 4 posts. Stores 1 standard 1" weight bar. Stores 2 standard 1" dumbell handles. Constructed of heavy gauge steel. Powder-coated for a scratch-resistant, rust-resistant finish.

RKG-19A **$64.00**

Olympic Multi-Storage Rack

Olympic plates multi-storage rack provides easy access to standard style plates and bars. Holds our 300 lb weight set perfectly! Keeps weights in one location to free up floor space. Stores 2" olympic weight plates on 4 posts. Stores 1 Olympic 2" weight bar. Constructed of heavy gauge steel. Powder-coated for a scratch-resistant, rust-resistant finish.

RKG-19B **$74.00**

Olympic Weight Tree

- Our space save olympic weight tree features:
- 5 pegs allows ample storage.
- Holds Olympic 2" hole barbell plates.
- Weighs 14 lbs

RK-2B **$75.99**

Standard Weight Tree

If you are lifting weights at home, you won't want to be without this accessory. The rack has a triangular design with a powder-coated finish that will add style to your home gym. The weight plate holders on the rack have a one-inch circumference.

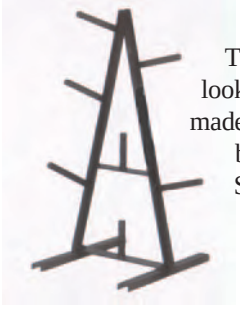
RK-1B **$89.99**

Olympic Weight Tree

The Olympic Weight Rack is great for anyone looking to hold up to 400 pounds of weight. The rack has a baked on powder coat to protect it from rust. It is made for Olympic size plates. Dimensions : 20" x 24" x 44". Shipping Weight: 33 lbs.

RK-2A **$98.99**

Standard Weight Tree

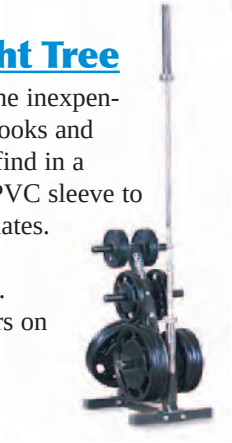


The Standard Weight Rack is great for anyone looking to hold up to 300 pounds of weight. It is made for standard or Olympic size plates. It has a baked on black powder coat finish. 11 Gauge Steel. Dimensions: 18" x 22" x 37". Shipping Weight: 27 lbs.

RK-1 **$98.99**

Powertec Olympic Weight Tree

The rack is built using 2-1/2" tubing, not the inexpensive flat bar so typically seen. The P-WR looks and functions like any weight rack you would find in a gym. Each weight horn is covered with a PVC sleeve to prevent scratching. Plate Type: Olympic Plates. Weight load capacity: 1500 Lbs. Warranty: Consumer: Lifetime on frame and all parts. Commercial: Lifetime on frame and 2-years on all parts



P-WR **$98.00**

Heavy Duty Olympic Weight Tree

This design is designed for heavy use. The stabilizing legs are constructed of heavy 2x2 tubing to produce a safer, more stable unit. Six staggered pegs accommodate Olympic plates on a single unit with built in bar holders.

Dimensions: 21" L x 18" W x 46" H
Shipping weight: 29 lbs
Manufacturer's Lifetime Limited

OPT-184 **$108.99**

Shipping Included

Pro Style Fixed Barbell / Curl Bar Stand

Designed to hold 10 Pro-Style straight or curl bars. This is a serious piece of equipment for Commercial or Home use.

Dimensions: 28"W x 30"L x 55"H. Weight: 110 lbs

RK-15 **$387.99**

50" Four Tier Dumbbell Rack

50" Four-Tier Dumbbell Rack is designed with 12 gauge steel and has angled lower levels for easy lifting. Perfect for storage of Hex Cast Iron, Hex Rubber Coated, Chrome, and Pro-Style Dumbbells.

RK6 **$349.99**

10 Pair Dumbbell Rack w/ Stirrups

The 10 Pair 2-Tier Dumbbell Rack features: 2-tiered Dumbbell Rack, Holds 10 Pairs of any size Hex or Pro-Style Dumbbells, Comes with Dumbbell Saddles, Commercial Grade Heavy Gauge Steel Tubing, Durable Black and White Powdercoat Paint, Dimensions: 95" wide x 31" high x 26" deep

RK5K **$548.95**

62" 2-Tier Dumbbell Rack

Holds one (1) pair each of 5-50 lb. hex dumbbells. Optional third tier allows storage of up to 70 lb. hex dumbbell pairs. Heavy-duty 2" x 3" mainframe features a reversed pitch design that allows easy access to all three tiers.

GDR60 **$279.99**

Third Tier GDRT6 **$99**

Shown with optional 3rd tier

Powertec Dumbbell Rack

The bent tubing design and angle gives the rack a gym style look and provides easy access to the dumbbells. The rack can hold all different style dumbbells and has built in corner stops to keep the dumbbells securely in place at all times.

P-DR **$148.00**

Body Solid Powerline Olympic Weight Tree

Store up to 1,000 Lbs. of weight in less than 3 sq. ft. of floor space. All plates stay safely suspended for convenient retrieval.

OWT24

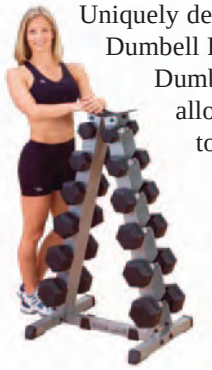
$68.99

Standard Tree

SWT14

$59.99

Body Solid 2-Tier Vertical Dumbbell Rack



Uniquely designed Two-Tier Vertical Dumbell Rack holds 6 pair of Hex Dumbells. Each level is offset allowing unrestricted access to dumbells. Heavy-gauge steel construction offers maximum durability.

GDR44

$149.99

Four-Sided Vertical Dumbbell Rack

Four-sided vertical dumdbell rack. Perfect for storage of ten pairs of dumdbells. Holds 5-50 lb dumdbells. Constructed of heavy gauge steel. Powdercoated for a scratch-resistant, rust-resistant finish.

RK-17 **$219.99**

Body Solid Powerline 32" Dumbbell Rack

Nobody builds stronger or more space efficient storage units. Heavy gauge steel with all-4-side welded construction is deburred inside and out for user safety.

PDR282W **$129.99**

Body Solid Three Tier Dumbbell Rack

Heavy gauge steel with all 4-side welded construction is deburred inside and out for user safety. Holds 1 pair each of 5-50 Lb Hex Dumbbells.

GDR363 **$158.99**

Nine Hole Vertical Olympic Bar Stand

This vertical bar rack provides easy access to weight bars and works as a space saver in your gym.

RK-20W **$149.99**

Nautilus Workout Stool

Completely supportive and stable, the Nautilus® exercise stool is perfect for adding versatility to dumbbell and cage workouts. Wide base and back pad offer excellent stability and support. The perfect complement to our Nautilus cages, adding workout variety. Unit Dimensions: 28" x 26" x 32". Unit Weight: 47 lbs

NT922 **$159.95**

Nautilus Workout Stool

Oversized arm pad is angled to reduce dependence on the deltoid muscle and is reversible for concentration curls. Pad is contoured to keep arms from sliding outward during exercise and for added comfort and stability.

NT1330 **$319.95**

Hack Squat/Leg Press

The Nautilus Hack Squat/Leg Press is a premium quality strength system, ideal for heavy leg press and hack squat workouts. Unique folding seat storage system is a Nautilus exclusive. Oversized foot plate provides correct positioning. Quickly adjusts from leg press to hack squat positions

NT1230

$1,549.95

Rotary Ab/Back Machine

The Nautilus Rotary Ab/Back Machine will help you slim down your torso and increase your abdominal and back muscles. Excellent for strengthening the abdominal and back muscles. Exclusive strength curve provides immediate resistance. Adjustable foot plate accommodates all size users.

NT1120 **$439.95**

Spinner® Elite Bike (USED)

Simulates the feel and aerobic qualities of road cycling without the associated distractions. It's unique design, with fixed gearing and a high-inertia flywheel, produces a smooth, intense workout. By combining true road-racing geometry with high quality cycling componentry, you can cycle at far higher RPMs.

SCHWINNELITE **$649.00**

Bowflex Xtreme 2 Home Gym

We took the Xtreme and improved it. The Lat Tower adjusts to two positions, plus the longer squat frame gives you 4 adjustable positions. And, the Xtreme 2 lets you change exercises more quickly and easily with no cable changes needed between exercises. These features let you perform over 75 exercises. 7-year warranty.

BFXTREME2 **$1,499.00**

SelectTech Dumbbells

Nautilus has re-invented the dumbbell by condensing 30 separate barbells down to just 2, saving you both space and money. SelectTech Dumbbell's unique weight system lets you adjust each dumbbells from 5 lbs. to 52.5 lbs. quickly, easily and safely. Just rotate the dial to the weight you want.

ND552 **$398.99**

Leg Extension/ Leg Curl Bench

Adjusts from seated leg extension to lying leg curl in seconds. Roller pads are adjustable to accommodate a variety of users. Unique back pad adjustment gives needed support for leg extensions and correct positioning for leg curls.

NT1260 **$389.95**

Vertical Knee Raise / Dip

The Nautilus VKR/Dip is biomechanically designed to work the lower abdominal muscles like no other machine. Plus the VKR Dip packs a variety of exercises into one amazing machine.

NT1150 **$359.95**

Olympic Combo Bench

The Nautilus Olympic Combo Bench with Spotters is designed specifically for the more aggressive lifter, keeping safety in mind with extra large spotters.

NT1260 **$389.95**

See our full selection of Nautilus equipment at bigfitness.com

Weight Benches/Machines

Shipping Included

Nautilus Olympic Combo Bench w/ Spotters

The Nautilus Olympic Combo Bench with Spotters is designed specifically for the more aggressive lifter, keeping safety in mind with extra large spotters. Features: 3" upright tubing and 2" x 4" base provide strength and stability. Extra-large spotters allow for secure and easy racking. Adjustable spotters provide needed security during decline and flat bench press. Dimensions: 70" x 51" x 45" Weight: 160 lbs.

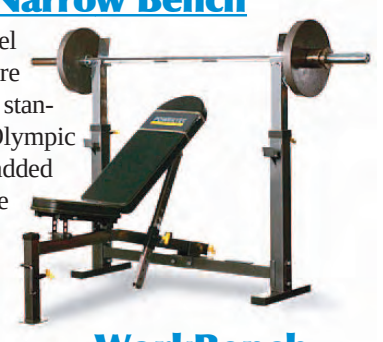
NT1400 **$529.95**

Powertec Bench Rack System

Encompasses the Olympic bench, Squat rack and versatile Utility bench all in one. Can be fixed in precise alignment with the rack for barbell pressing exercises. By pulling the spring loaded popper pin the bench can be disengaged and removed providing a free squat rack for power exercises and also a free bench for dumbbell training. The bench includes the leg lift and is on wheels for easy mobility.

WB-BRS **$498.00**

Powertec Olympic Bench / Narrow Bench



The low to ground profile gives you a firm footing and feel when performing heavy presses. Another innovative feature to this bench was adding the short cross tube. This comes standard and allows the bench to work in either a narrow or Olympic width accommodating all bar lengths. Powertec recently added the folding bracket system so now you can simply fold the bench to save space when not in use.

P-ONB-F **$248.00**

MultiSystem Home Gym

The Powertec Leverage Home Gym / WBMS is the complete leverage home gym. This three station system provides dozens of the best free weight exercises to build the entire body in leverage form.

WB-MS

$1298.00

Home Gym Leverage System

Part of the Workbench series includes numerous patented features that can only be found on these units. Revolutionary Bench Linkage System, unique Bench/Rack quick release and innovative Curl Machine.

WB-LS

$848.00

WorkBench Multi Press

The Multi press is the ultimate machine for any workout. Leverage machines provide the safest method of weight training available, you are able to load the lever arm and train to your maximum limit.

WB-MP

$448.00

Body Solid Flat Incline Decline Bench

Extra heavy-duty 2" x 3" steel frame handles a capacity of 1,000 Lbs. Back and seat pads lock into eight positions for perfect posture and ultra-thick upholstery supports you for most intense workouts.

GFID71 **$319.99**

BodyCraft Deluxe F/I/D Dumbbell Bench

Easiest-to-adjust dumbbell bench around. Seven different positions from decline to flat to incline. Extremely solid and stable.

F602 **$349.00**

Powertec Utility FID Bench

From dumbbell work, to sliding in and out of any rack system with ease. Its heavy duty construction provides flat to multiple incline angles right up to a near 90 degree shoulder press angle.

P-UB **$248.00**

Powertec Multi Press

The Multi press is the ultimate machine for any workout. Because Leverage machines provide the safest method of weight training available, you are able to load the lever arm and train to your maximum limit.

WB-MP

$448.00

Leverage Lat Pull

There are many unique features to this unit including independent arm action, adjustable spring load roller pads and a swivel seat that rotates 180 degrees to allow the user to face in or out of the unit.

L-LP

$319.99

Compact Sled

Build strong legs with the most effective, compact leg sled available anywhere! The innovative adjustable back pad cradles you in place and provides the ultimate in back support and comfort.

P-CS

$548.98

Leverage Squat Calf

Duplicates the precise pattern of the squat but utilizes a lever arm rather than the bar. Receive the benefit of the feel and natural resistance with the control and safety of a machine.

L-SQ **$445.98**

Back & Arm Machine

Although it has been called a work of art, the Back & Arm Machine is really a serious Strength Training System. The unique design combines the features of a lat machine with an arm curl machine.

F620

$399.00

Power Rack System w/ Lat/Low Row

As opposed to other racks in the market this Power Rack comes standard with adjustable heavy duty dip bars and dual grip chin-up bar access. Build the Rack into a system by adding the optional high, low lat section.

P-PRS **$799.95**

Cable Crossover

The major difference between the typical model found in a gym and Powertec's version is approximately a $2000 difference in price.

P-MSS

$625.98

Power Rack

Our power rack is the best home rack made in the country. It is built strong enough for gym use but looks good enough to fit right into your home or studio. It fits nicely with a flat/incline/decline bench and 300 lb weight set.

P-PR

$369.98

Powertec Roman Chair

This dual system allows you to perform angle hyperextensions or in the flat position for traditional hyperextensions.

P-HR **$239.98**

Powertec Ab Bench

Train the upper and mid abs in the crunch position. Insert the handle bar accecssory and work the lower abs and hip flexors.

P-AB **$248.00**

Olympic Weight Tree

The P-WR functions like any weight rack you found in a gym. Each horn is covered with a PVC sleeve to prevent scratching.

P-WR **$99.99**

Chin/Dip/Leg Raise

P-CDV **$328.00**

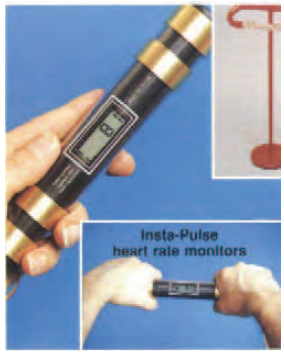
Body Fat Analyzer

Measurement of body fat composition is the key to long-term exercise success. The hand held body fat analyzer is an affordable and easy way to measure body fat in the privacy of your own home. After inputting the data, a measurement can be started by simply holding the grip electrodes and pressing the START button.

HBF306 **$59.99**

Personal Pulse Monitor

Our personal pulse monitor can measure your heart rate with a simple touch of the hands. Simply grasp the INSTA-PULSE with both hands, it turns on and calculates your heart rate, as long as you hold on in continuously updates your rate on a 4 beat average. It operates on a standard 9 volt battery and comes with its own case.



107mini **$119.99**

Ekho E-351 Heart Rate Watch

Calorie-Counting heart rate monitor provides continuous accurate heart rate readings making exercise safer and competitive training more effective. Lightweight transmitter "VOTED MOST COMFORTABLE" by PREVENTION Magazine.

E-351 **$121.95**

Ekho E-300 Heart Rate Watch

User selects exercise mode, weight, age and gender for accurate calorie measuring. Manual and automatic target zone settings, stopwatch, average/maximum heart rate, count down timer, time of day and calendar.

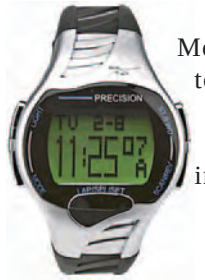
E-350 **$106.95**

Ekho E-20 Heart Rate Watch

Heart Rate Functions: Current Heart Rate, Average Heart Rate, Target Zone (TZ) Programming, Audible and Visual Alarm for High/Low TZ, Out-of-Zone Visual Display, Audible Alarm OFF Mode, ECG Accurate. Watch Functions: Time of Day, Stopwatch.

E-20 **$86.95**

Reebok Precision Trainer HR Watch



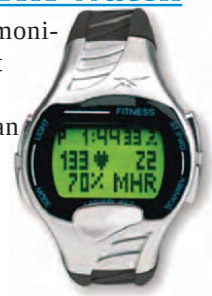
Reebok's Precision Trainer Heart Rate Monitor is designed with multiple features to help you keep track of your heart rate, target zone, exercise time, laps, and more. Its graphical pyramid display indicates your level of exercise intensity.

1-ZW-27

$114.95

Reebok Fitness Trainer HR Watch

The Reebok® Fitness Trainer heart rate monitor features an all-in-one watch and heart rate monitor for convenience and fitness performance. The Fitness Trainer offers an easy-to-read, triple row display.



1-ZW-26 **$83.95**

Reebok Impulse Heart Rate Watch

EKG accurate without a chest strap, heart rate measurement, heart rate memory and recall (Recalls last 20 readings), lowest and highest heart rate readings, Pacer Mode, lap recall - 42 Laps.

IMPULSE **$78.95**

Reebok Sport RS-1 HR Watch

Provides you with high and low target zone alarms, plus a scan showing maximum, average, and minimum heart rate, time of day and includes a handy calendar feature. The LCD display screen is clear and easy to read, and the dual line display setup allows you to view different readings at the same time.

RS-1 **$59.99**

Ekho E-15 Heart Rate Watch

Features: Large Dual Display, Water Resistant, Comfortable Ultra-Slim Ergonomic Chest, Belt Transmitter w/ user Changeable Batteries, Interfaces with Heart Rate Interactive, Exercise, Equipment at Home and in the Gym, Bike Mount Included.

E-15 **$71.95**

Please visit BiGFiTNESS.com for more of our products.

WaterRower M1 HiRise Rower

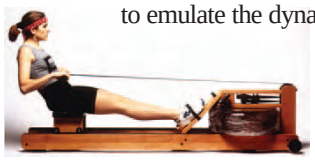
WaterRower provides the perfect home workout that simulates rowing in a canoe. Feel for yourself its one-of-a-kind resistance, and hear the quiet, soothing sound of the water. Resistance automatically corresponds the force of your stroke: the harder you pull, the higher the resistance.

WATERROWM1HI

$1,895.00

WaterRower Natural

The Water Rower rowing machine is unsurpassed in terms of design refinement. The unique patented WaterFlywheel has been designed to emulate the dynamics of a boat moving through water.



WATERROWER

$1,195.00

WaterRower Oxbridge

The WaterRower Oxbridge is hand crafted in solid Cherrywood. Like all woods, Cherrywood may vary in color from a red-brown to deep red. The wood will darken in color with exposure to light.

WATERROWCH

$1,395.00

Water Rower Classic

Designed with an obsession for detail, the Water Rower is unmatched by any other fitness equipment. The overriding design philosophy of the Water Rower has achieved "beauty by simplicity". Every detail has been resolved to compliment the overall appearance and performance of the machine.

WATERROWCL

$1,595.00

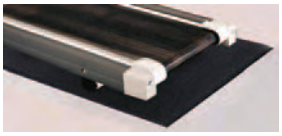
Stamina ATS 1400 Air Rower

The Stamina ATS Air Rowing Machine is designed with an over-sized chrome seat rail and metal pull-chain for extra strength and durability. When you're not using the ATS Air Rowing Machine, simply fold it and wheel it away on its convenient, built-in casters.

35-1400 **$389.99**

Treadmill / Protective Floor Mat

Our treadmill mat fits nicely under all treadmills and will save wear and tear on your rugs and floors. It also absorbs shock when running and walking hard.



SM-TRV-002

$48.99

WaterRower M1 LoRise Rower

WaterRower offers the most realistic exercise of all rowing machines. WaterRower provides the perfect home workout that simulates rowing in a canoe. WaterRower adapts to every user. Resistance automatically corresponds the force of your stroke: the harder you pull, the higher the resistance.

WATERROWM1LO

$1,795.00

WaterRower Club

Because the Water Rower's patented WaterFlywheel uses the same physical dynamics as rowing, its operation is equally as peaceful. Simply pull the handle and you are greeted with the sound of surging water. The noise, while not silent, is soothing to the ears and is far from intrusive.

WATERROWCLUBM

$1,195.00

Stamina 1300 Elevated Rower

Rowing is widely acknowledged to be one of the best all around fitness activities. All major muscle groups are involved in rowing. Rowing provides both aerobic conditioning and strength training.

35-1300 **$279.99**

Stamina 1205 Precision Rower

This dual-purpose workout is a great calorie burner as well. Because rowing is an impact free activity, it can be a life-long form of exercise. Rowing is also one of the few exercise devices that can strengthen the back.

35-1205 **$239.99**

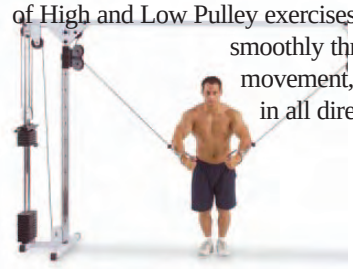
Heavy Duty Rubber Mat

High resilience and protection against impact. Anti-slip surface, even when wet. Easy to install. Guaranteed not to curl or tear, will lie flat indefinitely.

HDR **$59.95**

Selectorized Cable Crossover

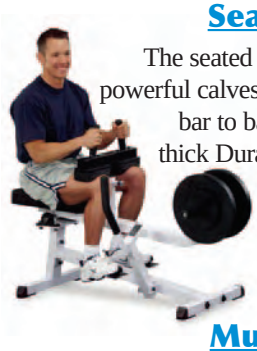
The wide and tall design provides easy access and an endless array of High and Low Pulley exercises. Top and bottom pulleys swivel smoothly through a 180-degree range of movement, providing frictionless resistance in all directions.



GCCO150S

$1,349.99

Seated Calf Raise



The seated calf raise is a great exercise for developing powerful calves comfortably and safely. There is no heavy bar to balance and support on your shoulders, only thick DuraFirm(tm) knee and seat pads to make sure you get the gain without the pain.

GSCR349

$549.00

Powerline Power Rack

Convenient, wide walk-in design allows plenty of side to side clearance for a variety of exercises. Perfect for doing Squats, Incline Press, Bench Press, Decline Press, Military Press, Shrugs, Calf-Raises and Chin-ups in total safety. Heat tempered, solid steel Lift-Offs and Safety Rails are adjustable in 3" increments .

PPR178W

$259.99

Multi-Press Rack

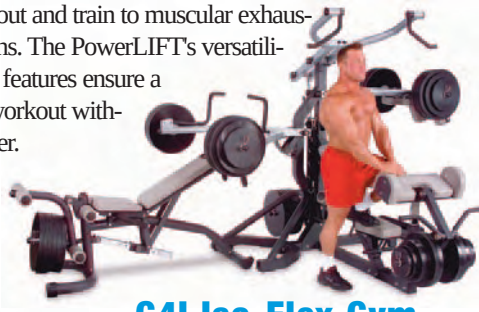
Lift-off and safety positions are right where you want them so racking the bar is always comfortable and predictable. Perform squats, calf raises, lunges, dead-lifts, upright rows and many, many more power building exercises.

GPR370

$549.99

Body Solid PowerLIFT Leverage Gym

Over 40 exercises are available on this versatile leverage freeweight gym. Feel free to max out and train to muscular exhaustion for accelerated gains. The PowerLIFT's versatility and advanced safety features ensure a complete heavy-duty workout without the need for a spotter.



SBL460PL

$1199.00

EXM4000 Multi-Gym

- Three 210 lb selectorized stacks
- Hydraulic seat adjustment.
- 4 simultaneous users.
- 2”x4” mainframe construction.
- Instructional DVD and fitness chart.

Price:

$3999

Shipping Included

G4I Iso-Flex Gym

- 160 lb selectorized stack – 210 lb stack available.
- Isoflex 3D motion press arms.
- ‘Smooth Glide Bearing System’
- Swiveling dual high pulleys.
- Instructional DVD and fitness chart.

Price: **$1299** **Shipping Included**

G9S Multi-Station Gym

- Two 210 lb selectorized stacks.
- Hydraulic seat adjustment.
- ‘Smooth Glide Bearing System’
- Includes leg press/calf press station.
- 2-3 simultaneous users
- 11 gauge mainframe construction.
- Instructional DVD and fitness chart.

Price: **$2599** **Shipping Included**

G5S Multi-Station Gym

- 210 lb selectorized stack – 260 lb stack available.
- ‘Smooth Glide Bearing System’
- Revolving lat bar, revolving straight bar, ab/tricep strap and ankle strap.
- Instructional DVD and fitness chart.

Price: **$1499** **Shipping Included**

Health Club Step

The Step® has a patented design for adjusting and stacking platforms together making it suitable for beginners and advanced steppers alike.

CLUBSTEP **$119.99**

The High Step

The Step aerobic activity involves low-impact, high-intensity exercise - recommended by physical therapists and fitness professionals.

HIGHSTEP **$69.99**

Yoga Sticky Mat

Lightweight and durable, the SPRI Yoga Sticky Mat provides a stable, non-slip surface for yoga. Perfect for home or studio use, this mat rolls up easily for transport to the gym, office, or even for traveling.

YM-RLB2 **$28.95**

Pilates Anywhere Anytime

The SPRI Pilates Anywhere, Anytime Kit, presented by Melissa Walker, offers a full Pilates routine and method of conditioning, but without the expensive machines. Walker's routines and exercises give you all the tools to perform club quality Pilates exercises just about anywhere.

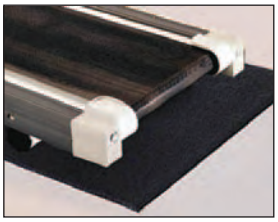
P-AWAT2 **$48.99**

Pilates Power Ring and Video

This complete program for toning and sculpting your body uses the Pilates ring method of body conditioning. The 14" flexible Pilates Power Ring® is fully cushioned and comfortable to use. The Power Ring® video includes a ring exercise workout designed to improve flexibility, balance, posture and strength, while focusing on the abs, thighs and buttocks.

PPR-R2 **$38.99**

Bike Mats
Protect Your Floors
$39.95 each
shipping included



Treadmill Protective Mats
3x6 Foam Mats
$49 each
shipping included

the mat
THE FLOOR MAT THAT HELPS PREVENT SORE FEET, LEGS, AND BACK.

Solid Black Mats
25 or More
3/4" 4' x 6
$59 each
plus shipping

Rolled Flooring Is Available
starting from **$2.12/sq. ft.**
shipping not included

Home Gym Mats

50" x 60"... $89.95

Heavy Duty Mats

3' x 4.25' x 1/8 ... $59.99

Call 1-800-383-2008 to get a quote for your Flooring.
Send us the size of your room and we will make sure you get the best price and the right stuff. See all our flooring products at
www.BiGFiTNESS.com

55 cm Flexaball Pro w/ Legs

The "Ball with legs" stability ball will add a great new dimension to your resistance exercise programs! Easy to carry and store. Stays in place during class. User friendly - great for beginners. Durable superior quality for long life.

RB-B55 **$35.99**

65 cm Flexaball Pro w/ Legs

The "Ball with legs" stability ball will add a great new dimension to your resistance exercise programs! Easy to carry and store. Stays in place during class. User friendly - great for beginners. Durable superior quality for long life.

RB-B65 **$36.99**

45cm Xercise Ball w/ DVD

Develop, strengthen, and tone abs, hips, legs, back and buns with SPRI's® newest stability ball, designed to deliver long-lasting, professional durability. Together with ACE's Total Body Training DVD, you'll have everything you need for a safe and effective total body workout that builds strength, burns fat, and improves flexibility and balance.

SB45VC **$36.99**

55cm Xercise Ball w/ DVD

SB55VC **$36.99**

65cm Xercise Ball w/ DVD

SB65VC **$36.99**

75cm Xercise Ball w/ DVD

SB75VC **$36.99**

45cm Xercise Ball w/ Pump & Chart

Develop muscle tone, strength, and your body's core stabilization with the 45cm One Ball for All Kit. The versatile Xercise Ball is safe for all ages and fitness levels and is effective for all stability ball workout regimens.

1B4ALL-45 **$26.95**
75cm Ball Kit **$35.95**

55 cm Xercise Ball w/ Pump & Chart

Use it for abs training, yoga, and Pilates as well at home, or take it to the office for a noontime workout. This stability ball has a maximum inflation size of 55cm (21 inches), which works best for those measuring 5 foot to 5 foot, 7 inches in height. It comes with a handy, compact air pump and an exercise chart to get you started.

1B4ALL-55 **$29.95**
65cm Ball Kit **$32.95**

Professional Plus Xercise Balls

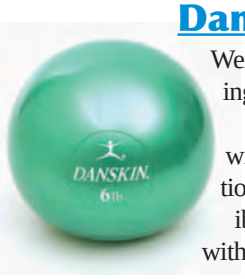
These safe, heavy-duty, slow-deflate quality SPRI Xercise Balls are durable enough to withstand diverse training applications in any club environment. SPRI Professional Plus Xercise Balls were designed for heavy use in all workout environments. SPRI Professional Plus Xercise Balls are slow-deflate up to 350 lbs. SPRI Professional Plus Xercise Balls come packaged for home use.

Includes:
- 45cm SPRI® Professional Plus Xercise Ball
- Pump
- Xercise Chart

45cm Professional Plus Ball	SB45VC-PLUS	$45.99
55cm Professional Plus Ball	SB55VC-PLUS	$45.99
65cm Professional Plus Ball	SB65VC-PLUS	$45.99
75cm Professional Plus Ball	SB75VC-PLUS	$45.99

Please visit BiGFiTNESS.com for more of our products.

Danskin 6 Lb Toning Ball



Weighted Toning balls are unique strength training tools offering a "soft, comfortable" alternative to conventional dumbbells. Exercising with toning balls improves core strength, functional movement, overall muscle tone and flexibility. All Danskin weighted toning balls ship with an easy to follow, illustrated exercise poster.

4 lb Toning Ball	DA-1070R	$18.99
6 lb Toning Ball	DA-1060R	$20.99
8 lb Toning Ball	DA-1050R	$24.99
10 lb Toning Ball	DA-1040R	$28.99

Danskin Adjustable Ankle Weights

Our unique pocket design allows for quick and easy weight adjustments. This set makes 3 pairs of ankle weights: 2 5lbs each, 2 4lbs each and 2 3lbs each. This package contains: 2 adjustable ankle weights 5lbs each. Illustrated workout poster.

10 lb Ankle Weight	DA-2591R	$34.99
5 lb Ankle Weight	DA-2592R	$27.99
5 lb Ankle Weight	DA-2593R	$22.99
3 lb Ankle Weight	DA-2594R	$19.99
2 lb Ankle Weight	DA-2595R	$15.99

Fitness Empower EM40 Home Gym

A complete fitness experience. mpower em40 includes a cable system for lower body exercises, a patented weight cradle for quick and simple resistance changes, a multi-position, easy adjust backrest cushion to vary your fitness routine, vibrant vinyl dumbbells to make your workout more enjoyable, an illustrated workout poster demonstrating many exercises and, to complete your fitness experience, a follow-along workout DVD with a Certified Personal Trainer.

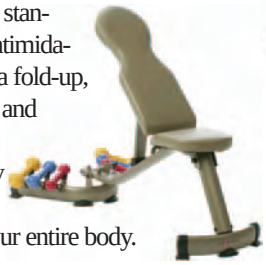
MP-2608N $399.99

Danskin Total Toning System

This package includes: 1 light strength resistance tube 20", 1 light strength resistance tube 40", 1 medium strength resistance tube 20", 1 medium strength resistance tube 40", 2 deluxe foam handles, 2 padded ankle cuffs, Door attachment, Mesh carry bag, Illustrated exercise poster.

DA-2541R $34.99

Fitness EM EM20 Women's Adjustable Bench w/ Dumbbells



Engineered to the highest health club quality standards. Free from the bulk, complexity, and intimidation of a typical fitness bench, the em20 has a fold-up, space saving design making it both compact and extremely easy to use. We have significantly simplified the mystery of strength training by creating a fun and engaging fitness experience that will tone, tighten and strengthen your entire body.

MP-2609N $199.99

Danskin Deluxe Fitness Mat

Yoga and stretching exercises help to reduce stress, prevent muscle soreness, and can rejuvenate you after a rough day or busy weekend. These products are great to use at home or take them to the studio with you.

DA-1012R $28.99

Fitness Empower EM10 Weight Bench

Elegantly styled in a rich champagne color with soft elliptical curves, has been engineered to the highest health club quality standards. Free from the bulk and complexity of a typical fitness bench, the empower em10 ships fully assembled, folds flat for storage, is compact and extremely easy to use.

MP-2603N $129.99

Danskin Toning Set

Resistance tubes are great exercise tools for women of all fitness levels. Compact and lightweight, they can be used anywhere. Our Toning Sets provide a great upper and lower body workout. Unique door strap adds many additional exercise options. Illustrated workout posters are included with each item.

Advanced Set	DA-2586R	$24.99
Intermediate Set	DA-2587R	$24.99
Beginner Set	DA-2588R	$24.99

Harbinger Resistance Cables

Highest grade variable resistance dipped latex cord with tensil strength of 3,000 PSI and 950% elongation. Dingleberr adjusts cord length and resistance. Exclusive conical cor closure for enhanced durability. Heavy duty nylon we door attachment included with each cable. Rotatin foam covered grips for increased range of motion. Easy-tc use resistance training guide from leading experts demor strates the universal appeal of resistance training

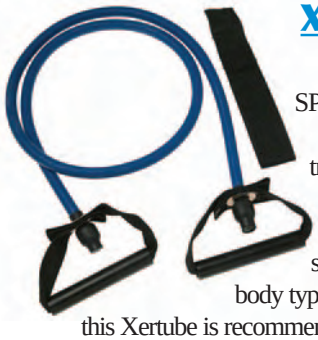
Heavy Resistance	360103	$20.99
Medium Resistance	360102	$20.99
Light Resistance	360101	$20.99

Fitness Conditioning System

Develop upper- and lower-body strength for enhanced performance with the Fitness Conditioning System (Heavy), featuring two of SPRI's most popular workout tools. It includes the Fitness Conditioning versions of the SPRI Ultra Toner and Xering tools, which offer upgraded handles and longer tubing length.

Blue	FCS-HBR	$33.99
Green	FCS-LBR	$33.99
Red	FCS-MBR	$33.99
Yellow	FCS-VLBR	$33.99

Xertube with Door Attachment



SPRI Xertubes provide an easily portable, highly versatile way to add resistance training to your workout. Constructed of durable rubber with secure plastic and webbing handles, the Xertubes are suitable for a variety of toning exercises, body types, and fitness levels. Color-coded blue, this Xertube is recommended by SPRI for the upper body workouts of advanced men and women.

Blue	ES502R	$20.99
Green	ES500R	$20.99
Red	ES501R	$20.99
Yellow	ES499R	$20.99
Purple	ES503R	$20.99

Xercuff

Through a variety of athletic movements, you'll build strength, increase endurance, improve balance and coordination, and help prevent injuries through improved stability. It offers the ideal tubing length for complete range-of-motion exercises, and the color-coded tubing resistance levels accommodate all fitness types.

Red Xercuff	ES562R	$25.99
Green Xercuff	ES561R	$25.99
Yellow Xercuff	ES560R	$25.99

Travel Trainer

Now you have no excuse to miss a workout, wherever you roam. It includes three Xertubes, which are color-coded rubber cords featuring comfortable grips at the ends, each with a different level of resistance.

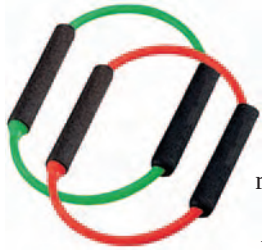
Beginner	TT-BEG-R	$49.99
Advanced	TT-ADV-R	$49.99

Xpress 10 Rubber Resistance Kit

Xpress 10, featuring Chris Freytag's "Just Move to Lose" DVD program and professional fitness equipment from SPRI® Products, will get you moving on the path to health and fitness in just 10 minutes.

	X10-R	$67.99
DeluxeKit	X10-DR	$87.99

Xerings



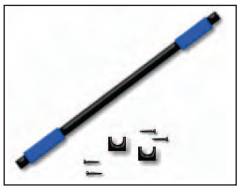
Shape your legs and improve overall lower body muscle tone with SPRI Xerings. They're also great for toning hips and strengthening calves and buns. The color-coded tubing resistance levels accommodate all fitness types.They feature rubber grips for added comfort, and an instruction chart for exercise suggestions for your workout.

Red & Green	ES541R	$18.99
Blue & Red	ES542R	$18.99
Green & Yellow	ES540R	$18.99

Olympic Spring Collars
$15.99
OC06A

7' Olympic Bar
$109.99
OB85B

Olympic Dumbbells
$89.99
OBB-20



Chin Up Bar / Pull Up Bar
$29.99
G1-1002

Olympic Adapter
$22.99
FM-3110C

Olympic Weight Bars

7' Olympic Bar
$109.99
OB85B

6' Olympic Bar
$99.95
OBB-72

5' Olympic Bar
$89.95
OBB-60

American Made Power Bar; 1500 Lb Test
$219.99
OB86PB

1000 Lb Test
$159.99
OB86B

500 Lb Test
$109.99
OB85B

ALL PRICES INCLUDE SHIPPING

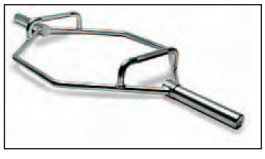
Threaded Super Bar
$29.99
RBB-48T

Threaded Curl Bar
$29.99
RBB-47T

Standard Spring Collars
$13.95
RC06A

Standard Quick Collars
$19.99
1SC

Olympic Supra Bar
$159.99
SBCB-47



Hex Trap Bar
$239.99
AOT-56

Olympic Composite Quick Collars
$28.99
20C

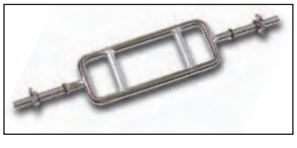
Box Of Chalk
$21.99
MA016

5' Standard Bar
$29.95
RBB-60

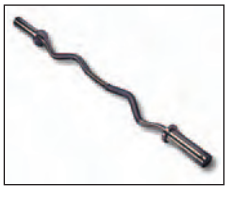
Olympic Tricep Bar
$79.99
OBB-34S

Olympic Metal Quick Collars
$65.99
20M

Weight Bar Pad
$19.99
MA105



Threaded Tricep Bar
$34.99
RBB-34T

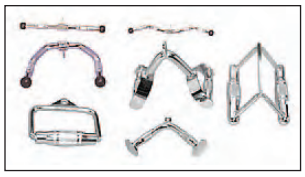


Olympic Curl Bar
$69.99
OBB-47

9.25" Olympic Adapter for Yukon Weight Machines
$22.99
OLY-169

Muscle Clamps - 2" Olympic Pair
$47.99
OC-11

Shipping Included



7 Pack Of Ergo Cable Attachments
$199.99

Pro. 34" Lat Bar
$31.99

48" Revolving Lat Bar
$35.95

20" Cable Bar w/Ergo Grips
$31.95
MBG-020RE

Revolving Stirrup Handle
$19.99
MB511

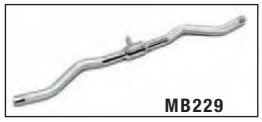
SupraBar Butterfly Tri-Bar
$99.99
SBTB-10

Leather Head Harness
$59.99

SupraBar Cable Curl Bar
$159.95

Multi-Purpose Bar
$23.99

Shipping cost included on all attachments



28" Revolving Curl Bar
$29.95

Tricep Rope
$37.99
MBROPE

Leather Ankle Strap
$37.99
MA308

Leather Tricep Strap
$35.99

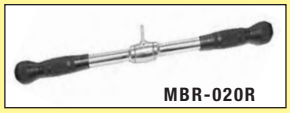
Chin Up Bar
$27.95

Body Solid Lat Blaster Bar
$59.95

Seated Row/Chin Bar w/ Rubber Ergo Grips
$33.95
MBR-502

36" Deluse Lat Bar w/ Rubber Ergo Grips
$53.95

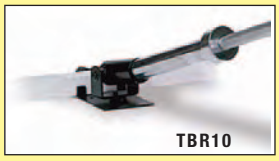
Multi Purpose Bar w/ Rubber Ergo Grips
$37.95
MBR-320



20" Deluxe Cable Bar w/ Rubber Ergo Grips
$36.95

Chin Up Bar
$29.95

Push Up Bars
$23.99



Body Solid T-Bar Row Platform
$59.95

48" Deluxe Lat Bar w/ Rubber Ergo Grips
$58.95

28" Deluxe Curl Bar w/ Rubber Ergo Grips
$41.95

Tricep Pressdown Bar w/ Rubber Ergo Grips
$33.95
MBR-504

Heavy Duty Stirrup Handle w/ Ergo Grips
$36.99
MBG-505

Xvest X2

The X2 Vest includes 12 lbs of weight and can hold up to 20 lbs. It is perfect for men & women and is adjustable to fit all body types. It is Ideal for wellness programs. Use in your aerobic activity or just around the house.

X2 **$149.99**

Xvest X4040

The Xvest X4040 includes 40 lbs and can only hold up to 40 lbs. Used by professional and College Athletes; men and women that want to increase their fitness level. Recommended for people looking to go to the next level. For all sports. Sports specific drills. Fitness/Skill level: Intermediate to Advanced

X4040 **$239.99**

Check out our full line of Xvests and addon weights at www.BiGFiTNESS.com

Xvest X2012

The Xvest X2012 comes with 12 lbs of weights. You can add more weight to the vest and it can hold up to 20 lbs. Used by: Men and Women for Fitness, Young Athletes and Aging/Elderly

X2012 **$169.99**

Xvest X4020

The Xvest X4020 is the 40 lb Xvest but only 20 lbs are included. It can hold up to 40 lbs. Used by: College and HS Athletes; men and women that want to increase their fitness level. Recommended for: People looking to go to the next level. For all sports. Sports specific drills.

X4020 **$219.99**

Bowflex® SelectTech 552 Dumbbells

With just the turn of a dial you can automatically change your resistance from 5 lbs all the way up to 52.5 lbs of weight. No more picking up 30 different dumbbells!

BFX552 **$398.99**

2-20lb SelectTech

BFX220 **$299.99**

PowerBlock Personal Dumbbell Set

This PowerBlock Personal Dumbbell set adjusts from 5-45 lbs in 5 lb increments in each hand. This set has a maximum weight of 45 lbs per hand. (Shown on optional Personal Stand)

PERSONAL **$287.95**

SportBlock **SPORTBLOCK** **$139.95**

Versa Bell Dumbbells w/ Stand

Adjustable from 5 to 25 pounds, High Impact Chrome Weight Plates (2.5 lbs. each), Durable Nylon weight tray, Easy-To-Use Quick Select Pin System, Chrome Knurled bar for easy gripping, Two 5 lb. Chrome Handle Bars with Quick Select Pin System, Two Heavy-Duty Nylon weight trays.

05-2226 **$244.99**

50 Lb Rubber Dumbbell Set w/ Rack

The 50 lb rubber hex dumbell set is the perfect solution for sculpting a firm and shapely upper body. Whether your desire is to create long lean muscles or bulk up, all you need is the basics.

SDRS-50 **$109.99**

Neoprene Dumbbells - 32 Lb Set

The Neoprene Dumbbell 32-lb Box Set comes complete with two 3-lb dumbbells, two 5-lb dumbbells and two 8-lb dumbbells. They are covered in soft and durable neoprene for a non-slip grip.

SDNS-32 **$69.95**

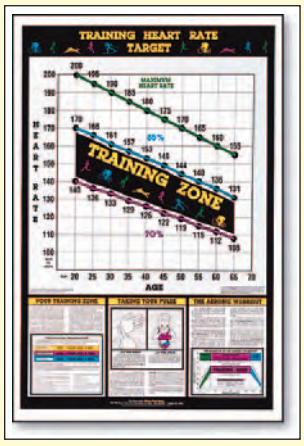
Hex Dumbbell Sets

Starting at $14.99

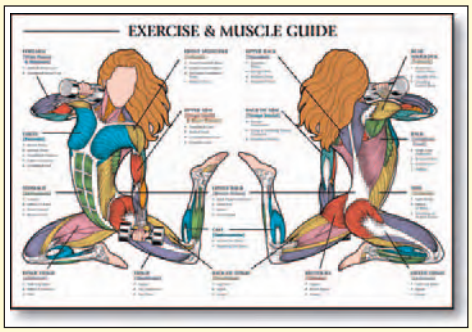
Rubber Coated Sets from

$148.80

Fitness Charts



Check out our extensive collection of large (24" x 36") Laminated Fitness Charts.



$29.99 each

Check them out at www.BiGFiTNESS.com

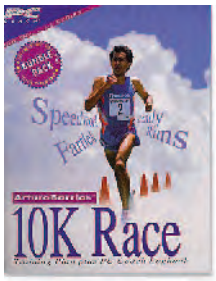
Zen of Thin...Weight Loss Hypnosis

Your subconscious mind holds the power to resolve the deep issues you may have with food. Weight Loss Hypnosis simply allows your brain to communicate with your cells in a way that creates power and intention.

No matter how much conscious effort you put into changing your weight, your subconscious mind is flooding your body with messages that have been ingrained for years.

$149.90

Arturo Barrios 10K Bundle Pack

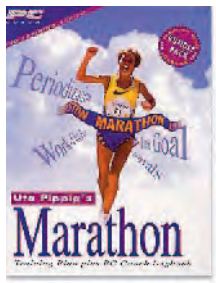


Arturo Barrios a world record holder in the 10K and now coach to the prestigious U.S. Army World Class Athlete Program created this 9-week plan for 10K runners. Join hundreds of successful runners who have achieved personal bests using Arturo's unique approach.

PC10KRACE **$69.99**

Uta Pippig Marathon Bundle Pack

With her third stunning victory at Boston, Uta established herself as one of the best female marathoners ever! Her 1994 time of 2:21:45 set a new Boston course record by a minute, and stands as the one of the fastest marathons ever run by a woman. This exciting training plan gives you access to the same periodization techniques used by Uta.



PCMARATHON **$69.99**

Check out all of our books & videos at www.BiGFiTNESS.com

PowerBlock Dumbbell Poster Pack

The PowerBlock Dumbbell Poster Pack includes five 12"x18" laminated posters including: 3 dumbbell exercise posters, 20 minute total body workout poster and 10 reasons to lift weights for life poster.

POSTERPACK **$27.95**

PowerBlock Fitness & Nutrition Journal

PowerBlock Fitness & Nutrition Journal includes a Progress Chart, Annual Workout Record, Daily Workout Log with sample, Daily Nutrition Log with sample, Heart Rate Zone Training Chart and Food Composition Guide.

PBJOURNAL **$24.99**

Medicine Ball Rack w/ 3 Medicine Balls

Features: 4, 6, and 8 lbs Kinesi-O-Balls, Adds versatility and fun to your workout, Ideal tool for stretching and aerobics, Helps build strength, endurance and coordination, Perfect for toning, conditioning and training muscles, Durable, long-lasting construction, Includes three tier storage rack.

HHKS-18 **$149.99**

Medicine Ball Rack w/ 6 Balls

Features:, 2, 4, 6, 8, 10, and 12 lbs Kinesi-O-Balls, Adds versatility and fun to your workout, Ideal tool for stretching and aerobics, Helps build strength, endurance and coordination, Perfect for toning, conditioning and training muscles, Durable, long-lasting construction, Includes six tier storage rack.

HHKS-42 **$249.99**

Xerball - Dual Grip

Dual-handle, easy-grip medicine balls provide plenty of med ball training options. They are the perfect choice for performing rotational abdominal exercises, upper extremity cross-body patterns, lower body dynamic and locomotor drills, and explosive two-handle sport movement activities. One free Instruction Sheet per order.

8 lb Ball	PBDG-8R	$59.99
10 lb Ball	PBDG-10R	$64.99
12 lb Ball	PBDG-12R	$69.99
14 lb Ball	PBDG-14R	$74.99
16 lb Ball	PBDG-16R	$79.99
18 lb Ball	PBDG-18R	$89.99
20 lb Ball	PBDG-20R	$94.99

Rubber Medicine Balls

The Rubber Medicine Ball will help build and tone muscles while improving coordination and endurance during aerobic or strength training workouts. Features: Fun, Versatile and easy to use, Medicine balls are great for total body fitness training, Improve coordination and endurance, Sand weighted ball with durable vinyl cover, Available in 7 weights.

2 lb Ball	CMB2	$13.99
4 lb Ball	CMB4	$16.99
6 lb Ball	CMB6	$19.99
8 lb Ball	CMB8	$22.99
10 lb Ball	CMB10	$25.99
12 lb Ball	CMB12	$28.99
14 lb Ball	CMB14	$32.99

Pro Leather Medicine Ball (8-9 Lbs)

Unlike weight machines that are bolted to the floor and give a limited unnatural movement, medicine ball workouts provide weight-resistance through a full range of motion. The medicine ball is a unique tool to learn and train sports specific and explosive motion exercises, therefore the medicine ball is used by many professional athletes.

509MBM **$52.95**

Leather Medicine Ball (14-15 Lbs)

The medicine ball is a great tool for a complete body workout. It can be used to strengthen shoulders, back, arms and legs as well as improving core trunk strength and joint integrity. It also makes an exceptional abdominal exercise tool to create powerful and rock hard abs. The medicine ball is a unique tool to learn and train sports specific and explosive motion exercises, therefore the medicine ball is used by many professional athletes, boxers, golf and tennis players and sports associations including the NBA, NFL and NHL.

509MBSH **$64.95**

Impulse B-1 Step Counter

A basic step counting Pedometer that counts up to 99,999 steps, travel those 10,000 and you've traveled 4-5 miles!

Features:
- Belt Clip
- Compact and easy to use
- Large LCD Display

B-1 **$20.41**

Impulse C3

Step It up with the Impulse C-3 Distance, Step and Calorie Counting Pedometer; Determines how much Walking in Distance or Steps and how many Calories you've burned.

Features:

Counts steps up to 99,999, Distance counter up to 999.99 (km/miles), Counts calories burned up to 99,999, Belt Clip, Compact and easy to use, Large LCD Display.

C-3 **$24.99**

Impulse CS-4

Features: Counts Steps up to 999,99, Counts up to 999.99 Miles or Kilometers, Counts Calories Burned up to 999,99, Dispays Time in 24hr or 12hr Format, Large LCD Display, (easy to read as you exercise), Clamshell Design to Prevent Accidental Restting, Instructions on Inside Top Lid, Extra Heavy Duty Spring Clip.

CS-4 **$37.99**

Body Bar Workout Videos

The New Body Bar Workouts are an exciting, energetic, and educational workout using classic Body Bar moves in powerful and effective ways. Focus on form, technique, and execution to sculpt, and fine tune a strong, defined body.

Levels: Beginner to Intermediate to Advanced / 60 minutes per video

Each Video
$16.95

The Body Bars

The Body Bar is a weighted fitness bar made of solid steel (less than 2" diameter) encased in easy grip durable rubber, for a secure and comfortable grip. The tips have smooth rubber caps for added safety. The Body Bar is easy to store, has no loose parts and will not damage floors.

Our four foot Body Bars come in weights of 9, 12, 15, 18, and 24 pounds. So, as you can see, we have bars for every fitness level!

The bar is utilized in a wide variety of workouts including strength & conditioning, circuit & interval classes, kick boxing & martial arts, sports conditioning, balance & alignment, pilates & yoga based workouts and flexibility training. All our products are supported by the Master Your Body videos featuring top fitness instructors.

The Body Bar is a tool...one of the classics. It has proven to be an equalizer in fitness facilities with new students, advanced exercisers and professionals finding new ways to challenge themselves. The Body Bar is also proving to be a powerful home-workout tool, with no lose parts and easy storage.

Can't make it to the gym? Pull out your Body Bar and a video for a fun and efficient total- body workout. Check out our videos, take a workshop or master class, pick up a Body Bar and use your imagination. One Bar. Infinite Workouts.

9 lb Body Bar	BB09	$42.99
12 lb Body Bar	BB12	$45.95
15 lb Body Bar	BB15	$49.99
18 lb Body Bar	BB18	$49.95
24 lb Body Bar	BB24	$79.95

Shipping Included

Order Form

FAX OR MAIL YOUR ORDER TO:

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560 Mineral Spring Ave.
Pawtucket, R.I. 02860

Fax: (401) 725-6219

SHIPPING INFORMATION
DATE

_____

Ship To Name

_____

Company (optional)

_____

Shipping Address

_____

City/State/Zip

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Please clearly print what you would like to order and the price.
Please note that is you are ordering weights or dumbbells you will be contacted with the shipping price.

Quantity	SKU / Description	Price

Total:

_____

Your Email Address

_____

Daytime Phone

_____

FAX (optional)

_____

CREDIT CARD INFORMATION

Credit Card #

_____

Name on Card

_____

Exp. Date

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Billing Address

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City/State/Zip

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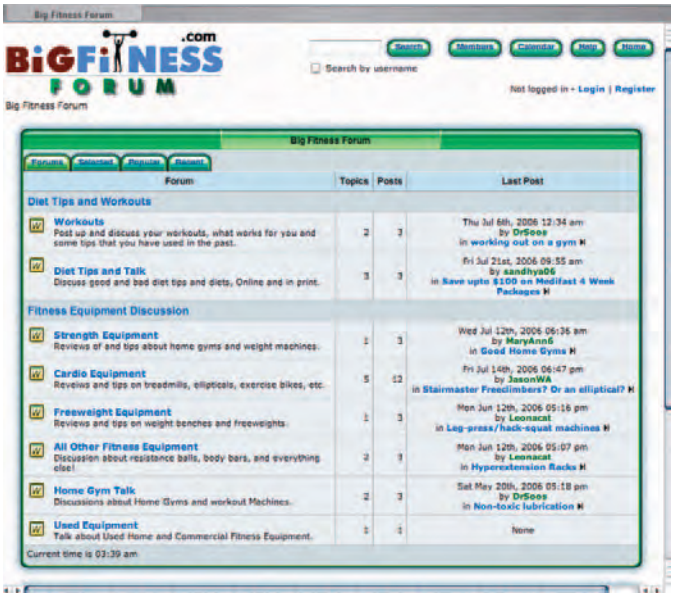
PAYMENT METHOD [ ] Visa [ ] MC [ ] Amex [ ] Check Enclosed

Signature: X_____

I hereby authorize BiG FiTNESS to charge my credit card for the amounts indicated above.

Please Visit Our Other Web Sites and Partners!

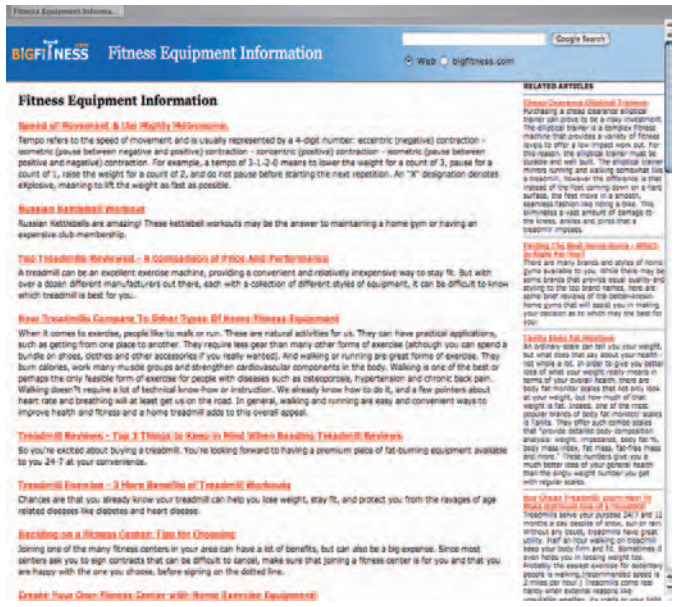
Talk fitness on the NEW BigFitness.com Forums



Visit our Wholesale Supplements Express

Train Smarter. Get Fit. Fit2Fit.com

BigFitness Health Tips



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Instant No Money Down Financing
Apply In Store or Online!

Return Policy

You may return most new items sold by BigFitness.com within 31 days of delivery for a refund minus shipping costs. When processing your refund, shipping costs will be subtracted from the items shipped under our Shipping Included promotion. Your return will be rejected if sent without an Return Merchandise Authorization number. To obtain an RMA number, please complete our online RMA Form. Customer service will contact you via email within 2 business days with your return information. We are not responsible for lost return shipments. Please use a carrier that provides shipment tracking information with proof of delivery or request a UPS Electronic Return Label from us (see below). Big Fitness reserves the right to inspect all returned products and may reduce the credit if the product is returned damaged or incomplete. We will issue a full refund and pay the return shipping costs only as the result of our error (you received an incorrect or defective item, etc.).

BIGFITNESS.com
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